I-RECOVERY KERNEL

Umlando wokuhamba ophathelene nezinto ezithile.

UNGAKUKEPHASA UKUQALA KOKUSEBENZISA AMAKHETHEKILE.

*** Ungathatha ukudla okunempilo futhi uphilise umzimba wakho.**
*** Ungaxhumana nomuntu owayekhona ukuze uthole usizo.**
*** Ungazama ukuthola izindlela ezintsha zokujabulela.**
*** Ungaqala uhlelo lokuzivocavuca.**
*** Ungathatha imithi yokulala uma ukhathazeka kakhulu.**

Uma udlala, ungafuni ukuthi uthuke. Kukhona abantu abangakusiza. Ungaxhumana nomfundisi, umeluleki, noma omunye umuntu othokomele. Ungaphinde uvakashele idokhotala

noma uchwepheshe kwezempilo yengqondo.

Kunezindlela eziningi ongayisebenzisa ukukuvuselela emuva ekusetshenzisweni kwamakhambi. Akunandaba ukuthi uyazifela kangaki, kukhona usizo olutholakalayo.

Incwadi Yokuhlolwa Kokulima Kwezinto Eziyisikhunta.

Ukusebenzisa i-Recovery Kernel Framework.

Crystal Methamphetamine · GHB / GBL · Mephedrone (4-MMC) · Cathinones · MDMA · I-Cocaine · Ukufakwa ngaphansi kwesikhumba.

⚠ UMTHOMBO WOKUNCIPHISA UBULIMAZI - AKUYONALO UKWELAPHO LWEMEDICAL. | Ngokungathi ngephutha: shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 noma uthume umbhalo ku-SADAG: 0800 567 567.

LELI FUNDISA LOKHU LUXHUMANA NOKUQINISEKISO KWOBUSHA BOKUGCWELE KWEZINTO EZININGI EZIYINGXUBE.

Ukuthi wonke umthwalo kule ndlela yokuziphatha eyi-chemsex udinga uhlelo lwakho lokululama oluhlukile, olusebenza ngokuhambisana. Lo mbukiso uxhumanisa lezi zindlela.

Isigaba esilandelayo sizokwenza ukuthi uqonde kangcono indlela yokusebenzisa leli thuluzi.

Lesikhombiso esiyisixhumanisi kulo mhlahlandlela oyingxenye yohlelo lwe-"Recovery Kernel" oluxhasa ukuhlelwa kwezinto ezithile ebangela ukungcola. Lesi sixhumanisi siyinkimbinkimbi hhayi ngoba into eyodwa kunoma iyiphi into esetshenziswayo kule ndlela yokuzonwabisa ngezimila (chemsex) ingaba yiyona enzayo izinto eziyinkimbinkimbi kunazo ezinyakazana — umhlahlandlela we-meth,

umhlahlandlela we-GHB, kanye nomhlahlandlela we-cocaine ngamanye zombili uhlolisisa okufanele ngalokho abawuhambisayo. Kodwa-ke, i-"chemsex" yethule inselele yokululama ehlukile kakhulu kunokungcola okuwukuthi kusetshenziswa into eyodwa kuphela.

Chemsex akuyona ukuba kunemikhakha emithathu yobunzima. Kuyinto ubunzima olulodwa oliphindwe ngezindlela ezintathu ngesikhathi esisodwa, ngokusebenzisa izindlela zokwelapha ezihlukene, futhi lihlanganiswa nesimo ethile (ukulwazana kwanoma yini), elinxushunyiwe emphakathini othize (ikakhulukazi, kodwa hhayi kuphela, imiphakathi yabantu abathando ngabakwa-, abathando nabantombazane, kanye nabesilisa abaxhumana nentshwalonokusho). Le mikhakha ibandakanya iziphazamiso ezibukhoma ezingaphezu kobufuzo, okubalwa kuzo ukudluliselwa kwe-HIV, imifo eyisifuba, kanye nohlelo lokuziphatha kwanoma yini okuyinto okusetshenziswa ngalo.

Incwadi yale nqubomgomo igcizelela ngokucacile "ithayathri" yemithi eyingozi: Crystal Meth, GHB/GBL, kanye ne-Mephedrone. Iyalichaza ukuthi le mithi iyasebenza njengokuhlaselwa kwe-"Denial of Service (DoS)" ezindaweni zengqondo zomuntu. Ifaka nazo izinkinga ezingokwemibala yomzimba ezenza abanye abantu babe buthule kakhulu kulolu hlobo lomthelela. Futhi iqukethe uchungechunge oluphelele wezinqubomgomo ezikhethekile—i-Protocol 35S kanye nezinqubomgomo zayo ezincane—ezenzelwe ngqo labo abathintekayo.

Lo mbuyiselo uhlanganisa izindlela ezihlukene zokululama ekusetshenzisweni kwezinto eziyingozi ezitholakala kule minye imikhakha yalesi chungechunge, kanye nezici ezengeziwe okudingeka kuzo ukululama ekusetshenzisweni kwezinto eziyingozi ngenkathi kunokuba nokuxhumana sexual: uhlelo lokunakekelwa kwezempilo ezihlobene nokuziphatha ngokuyintimate, izidingo zokwelapha nge-HIV kanye nezifo ezithathelwanayo, ingozi yokuhlazeka nokuphazamiseka okubangelwe yokusetshenziswa kwezinto eziyingozi, ukuziphatha ngokuyintimate ngaphandle kokusetshenziswa kwezinto eziyingozi, kanye nomphakathi ongasungula olandela izindlela ezifanele esikhundleni sesigaba sokusetshenziswa kwezinto eziyingozi, ngaphandle kokuphoqeleka ukuthi umuntu ashiyi ubudlelwano bakhe.

Ukululama ekusetshenzisweni kwezinto eziyisiduli (chemsex) akuyona ukululama ezintwini ezinhlanu ezihlukene. Kuyokululama kowakho wonke umuntu—ngomswakama, ngobudlelwane nomphakathi, ngokobuvelwano, kanye nobuhlobo—kusukela endleleni eyayithinta zonke lezi zinto ndawonye.

Funda Ingxenye 0 ngaphambi kokunye.

Isigaba 0 — Ukuphepha Okubukhoma: Funda Lokhu Kuqala.

Izimo Eziphuthumayo Ezibangelwa Imikhiqizo.

⚠ UKUXUBISWA KWEMITHATHI KWE-CHEMSEX KUYINGXUBE ELINGABA YIMBIZI NGAPHEZU KWANOMA YILIPHI INTO EODWA. I-GHB + IMETHAMPHETAMINE = INGOLELO YOKUGAYWA KOMHLANDO NOKUPHUMEKA KWEMFUVO. I-GHB + UTJOLO = UKUXUBISWA OKUNGABA NOMBILO ONGAWUBA YINTO ESIBUZA UMNDANDAZI. UNGAKWENZI UKUXUBISWA KWE-GHB NOTJOLONI NANOMA IMITHATHI ESEDELE ISIBALO.

Uhlobo lwesimo esiphuthumayo.	Izimpawu nezibonakaliso.	Response
Ukudakwa kwe-GHB (ingozi ekhulu kakhulu).	Ukungaphenduli kumakhandla noma ubuhlungu, ukuphefumula okunengeziwe noma kuyekile, umlomo nomkhono omnyama, ukuvuvukala ngesikhathi ungazizwa, ukugqwala.	Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha. Akukho luthi oluyisikhathi esilungele ukulungisa. Vula umuntu endaweni evikelayo. Hlala naye kuze kufike abahlinzeki. Ungamshiyi wedwa. I-Naloxone ayisebenzi nge-GHB.
Ulwazi mayelana ne-meth kanye nomfutho wegatsheni.	Ubulenze ngogazi, ukushintsha kwezinhliziyo, ukungcola umoya, ubuhlungu obukhulu obuqhamuka ngokushesha ebuchosheni, ubuhle kuleli gumbi elingakwesokunene, ubuhle egatsheni, ukuphuma kwengxenye yobuso, amandla agulile.	Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 ngokushesha. Lale phansi. Ungazimiseli. Lena ingaba ukuhlungu komhlazo noma ushukane. Umzuzu ngamunye ongenaphezulu yokwelashwa uyandisa umonakalo.
Ukungcwadi ngomuthi we-meth.	Ukukholelwa kwezinto ezingokoqobo (izinkolelo ezihlukumezayo), ukubona noma ukuzwakala kwezinto ezingekho (ama-hallucinations), ukukhathazeka noma ubugebengu, ukungakwazi ukuqonda iqiniso.	Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 uma kukhona ingozi kumuntu noma kubanye. Dlulisa umuntu endaweni esikhululekile, ephansi kwezinto ezibangela ukuthakazeka. Khuluma ngobumnene. Ungahlungi okushiwo yizinkulumo ezingokungathi sína. Kudingeka ukuqinisekiswa kwomtholampilo—ukucwasheka kungandeli izinsuku noma amasonto ngemuva

		kokugcina ukusebenzisa utshwala i-meth.
I-mephadrone / i-cathinone overdose.	Ubunyembe, ukucindezela kwamaprotheni aphezulu, ukushisa komzimba okukhulu, ukuqhuma, ukungqubuzana okukhulu, ubuhlungu bomqondo.	Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112. Phakamisa umuntu (yisuse izingubo eziningi, yenze ukuthi abe endaweni efanelekile). Ungamvimbeli uma kungenzeki. Kudingeka ukuqinisekiswa kwezokwelapha — kwaziwa ukuthi ama-cathinone angabangela izinkinga zenhliziyo.
Ubulimazelo ngokufakelwa kwezinto ngokushesha emzimbeni.	Ukuqhuma noma ukuba bomvu okukhulu lapho kunikezwa ngaphansi kwesikhumba, ubushwa nomdlavuza (ukujula), ubuhlungu ekhileni ngebusha (okungenzeka ukuba yi-endocarditis), ukunyakaza kokuphefumula.	Shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112 uma unazo izimpawu ezilandelayo: ubushwa kanye nokumetha, noma ubuhlungu ekhasi nesisindo esiphakeme. Lezi zimpawu zingase zibe yizinto eziphazamisa impilo, njengokugula okuyinkimbinkimbi (septicemia) noma ukulimala kwezinhliziyo (endocarditis), futhi kudingeka ukwelashwa ngamanzi agcwele amakhambi (IV antibiotics). Ungalindeleki ukuthi ubheke ukuthi izimpawu zikhona yini; shayela u-Ambulensi: 10177 noma Ambulensi: 10177 noma 112.
Ukuhlukunyezwa ngokobudlova ngesikhathi se-chemsex.	Izimo zokusebenzisa izidakamizwa ngokwejubane zivamise ukubandakanya ukuhlaselwa ngobudlova obusetshenziswa ngama-drayifu — izinto ezisetshenziswayo ngemvume zisetshenziselwa ukuvumela imisebenzi eyayingezona into okuyavunyelwe.	Unelungelo lokuthola ukunakekelwa kwezempilo, i-PEP (uma kungaphezu kwamahora angu-72), kanye nokwesekwa ngaphandle kokuthi yini esenzeka. Umugqa wokuxhumana we-RAINN waso sezombangela: 1-800-656-4673. Igumbi lokunakekelwa ezimele lizohlinzeka ngokuhlolwa kwezobuciko kanye ne-PEP uma ufuna.

Ukuphendula Ngokushesha Ezinkingeni Ze-HIV kanye Nezifo Zokudlala.

I-CENTURION - Isikhathi esingu-72 Esigcina Izimpilo.

Incwadi yomthethizo, iphrothestimu 42, ibiza i-PEP njenge-'Emergency Rollback'—isikhathi esingasetshenziswa ukuvuselela uhlelo (System Restore Point) okumele siqaliwe ngaphakathi kwamahora angu-72 ngemuva kokugxekwa kwenguquko

yangempela ye-HIV. Uma ube nexesha elingenamakhondomu ngesikhathi se-chemsex futhi kunokuba khona yithuba lokugxekwa yi-HIV—ungalindi ukuze uthole ukuthi kukhona yini. Qala i-PEP manje.

Ukuhlomisa.	Yenza ini?	Isikhathi kanye nokufinyelela.
I-PEP (Ukuhlaliswa Ngemuva Kokutshengiswa).	Ukukhishwa kwamakhambi okulwa ne-HIV okuhlala izinsuku ezingu-28, okuvimbela i-HIV ukuthi isungule ukutheleleka ngemuva kokutshengiswa kwalo. Ukusebenza kwayo yehliselwa ngokuhamba kwesikhathi futhi liyakhona ngokuphelele ngemva kwamahora angu-72.	Kumele kuqale ngaphakathi kwehora ezintathu - kodwa kungcono ukuba ngokushesha okukhona. Itholakala kunoma iyiphi igospitali, ikliniki yezempilo yomuntu, noma uchwepheshe we-HIV. Buza ngokucacile: 'Ngingadawo ye-PEP ngenxa yokugxekwa kwenguquko yangenhla.'
PrEP (Ukuthunyelwa Kwangaphambi Kokugula).	Ukwelaphe kwansuku zonke (i-Truvada/Descovy) noma ukuntshontsha okuhlala isikhathi eside (i-Apretude) elinciphisa ingozi yokudluliswa kwe-HIV ngaphezulu kuka-99% uma liyalandelwa. Incwadi yezindlela ibiza lokhu 'i-"Pre-Execution Firewall."	Qala ukuthola i-PrEP ngaphambi kokuhlangana okulandelayo mayelana nokusetshenziswa kwezinto eziyindaba. I-PrEP itholakala ezikhungweni zamadokotela, ezikhungweni zezempilo yengqondo, kanye nezinsizakalo ze-HIV. Uma ungakaze uthole i-PrEP futhi uhlangene mayelana nokusetshenziswa kwezinto eziyindaba, qala ukuthola i-PrEP namuhla, ngaphambi kwalesi siphetho esilandelayo.
Ukuhlolwa kanye nokwelashwa kwezifo ezithathelwanayo (STI).	I-gonorrhea, i-chlamydia, i-syphilis, ama-herpes, i-HPV, kanye ne-hepatitis A ne-B zonke zithathelwa kwiindlela zokuxhumana ezihlanganisa ukusetshenziswa kwezidakamizwa. Ezinye izingxabano azibonakalisi izimpawu. Ukuhlolwa njalo kuyiyona ndlela eyodwa yokwazi.	Abantu abathatha izidakamizwa ngenxa yobudlelwane kufanele bavinjwe okungenani kanye ngamathuba amathathu entshweni. Vinjwa kuhlaziyo ngalinye lobudlelwane, noma ngabe awubonakalisi zimpawu. Xazululwa ngokushesha uma kunokutholakala - ukukhona kwe-STI kwandisa kakhulu ingozi yokugqwashwa yi-HIV.
U=U (Okungabonakali = Okungenzeki ukudluliselwa).	Umuntu ogwejwe yi-HIV futhi onezindlela zokwelapheka ezilamkile (ngaphansi kuka-200 copies/mL) akakwazi ukudlulisela i-HIV ngokobudlova. Lokhu akuyona uhlelo lokunciphisa ingozi—kuyiqiniso lobupilo esikhulumiwe yizifundo ze-	Uma wena noma umlingani wakho nilugciwane lama-HIV: umbuzo owubalulekile kuphela ukuthi ngabe niyilandela yini ukwelashwa futhi ingawo engokwenguquku yamanzi egwadatile iyahlaziywa. Ukuba ingawo engokwenguquku yamanzi egwadatile ihlanzekile,

	PARTNER kanye ne-PARTNER2.	kubanga ukuthi ukudluliselwa kwe-HIV ekuxhumaneni sexual akunakwenzeka.

Naloxone - Yithwale lapho niyohlala ne-GHB.

INaloxone (Narcan) ayipheki ukulungiswa kwezinkinga ezibangelwa yi-GHB. Kodwa-ke, uma kunemithombo yezidakamizwa ezinomuthi we-opioid kule ndawo "yokuzijabulisa ngamathambo" (chemsex) — okwenzeka kakhulu njengoba imithombo egcwele nge-fentanyl ifinyelela kuzo zonke izinhlobo zamathambo — i-naloxone ingenza impilo ibe ngokuphepha. Yiphakethe nayo, noma kunjalo. Indawo "yokuzijabulisa ngamathambo" (chemsex) iyindawo lapho imithombo eminingi ihlala khona, okuhlanganisa nezinto umuntu angase engazi ukuthi uyisebenzise.

Itholakala ngaphandle kokubhaliwe ezinkampanini zokudlela eziningi zase-US. Umnombolo wokuxhumana "Never Use Alone": 1-800-484-3731.

Umnyuzelo 1 — Okwenzile ukusebenzisa izinto ezinobuthi kubuchopho bakho, umzimba wakho kanye nobuhlobo bakho.

I-CENTURION - I-Trinity ayikaze ibe imithi emithathu. Yayiyindlela yokwakha eyodwa.

I-“chemsex trinity” – i-crystal methamphetamine, i-GHB/GBL, kanye ne-mephedrone (ngamanye amakilasi afana nama-cathinones, i-MDMA, ukokhethi, kanye nanoma yimiphi eminye ngokwezimo) – ayikhethwa ngentengo. Ngisho nakho ukuthi kungenzeki kahle, wonke umkhiqizo ulandela indlela ethize ekwakheni leli hlobo lokuphuza, futhi lokhu kuhambisana nengqimba yezakhiwo zombili ezisezingeni lobulula.

Ubumbano bomisebenzi we-Trinity.

Isibhamu.	Isebenziso elikhulu lobuchwepheshe bemvelo ebuchayameni.	Akukho mpumela yombungane ebalulwe.	Yimalini?
I-crystal methamphetamine.	Ukukhishwa okukhulu kuka-dopamine kanye ne-norepinephrine: ukugqubuzwa okukhulu, amandla, ukuqwashisa, ukufiswa ngokwejubane. "Injini." Futhi kunciphisa izinto ezilawula umuntu futhi kunyusa ulwazi lwezinzwa.	Amahora ayiwa kuze kube izinsuku zokuziphatha ngokocansi ngokuqhubekayo. Ukukhuthazeka okunamandla kakhulu kwezinto ezinxushubile ezikhudlwana nomfutho, ukungabaza, kanye nokungenelisi. Umuzwa wokuzethemba nokufaneleka. Ukuntulelwa komdlalo ngamathambo ngokocansi okwakucatshangwa ukuthi kungaba nzima uma ungakhululi.	Ukulimazeka kohlelo lodophamine (ukwehla kwe-D2). Ukuntula kokulala. Umlimo onobutho ngamathuba amakhulu. Ubuhlungu bomqondo. Isikhathi eside kakhulu sokubuyela esimweni esijwayelekile phakathi kwalezi zinto ezintathu — iminyaka eyi-12 kuya kweyi-24 ukuze uhlelo lodophamine lubuyisele kabusha ngokugcwele.
GHB / GBL	I-agonist ye-GABA-B: ukuntuleka	Ukususwa kwezinkinga	Ukwehliswa okuyingozi kakhulu kwezinto

	kokulawula, umlava, ukuphumula kwemikhuba, ukuqiniswa kwezinto ezibonakalayo. Ukulingana kokuphazamiseka okubangelwe yi-meth — i-GHB yenza umthamo we-stimulant ube lula futhi inciphise ukukhathazeka kanye nokugqwala kwegazi okubangelwe yi-meth yesikhathi eside.	zomzimba nezengqondo. Ukuncishiswa koxaba olubangelwe yi-meth. Ukutholakala kwamehlo okusiza ezindleleni zokuziphatha ezingesilwandle. Umuzwa wokufudumezeka, ukuvuleka, kanye nokuba khona ngokomzwelo. "Isihlanganisi" somphakathi kuleli thambo.	ezintathu - ingozi yama-seizure kanye nokungaqondwa kwengqondo kungaphakathi kwamahora ngemuva kokulahlekelwa ithempi, lapho kusetshenziswe izingosi ezinkulu. Ukulimazeka kwebhulukhwe ngokusebenzisa i-GBL kuzinye izindlela zokuyisebenzisa. Kungokuthi kunenkinga enkulu yokuphuma ngaphandle kokusetshenziswa kwezinye izinto ezintathu.
Mephedrone / i-cathinone.	Ukulimaza okubalwa kathathu kokuthwetshukiswa (wedopamine, weserotonin, nenorepinephrine) kufana nokokhoini, kodwa kunemiphumela emakhulu kakhulu yokwenza umuntu azizwe ukuxhumana nomuntu ngomuntu kunokokhoini futhi isikhathi esiphansi. Yindlela yokukhuthaza imizwa nezinto ezinengqondo. Ukuhlanganisa.	Ukuxhumana okunobuhlungu nengqondo, kanye nokuba nobuhle bomzimba. Ukwenza umuntu azizwe ukuthinta okukhulu (ukuzwa okungavamile), okuvumela ukuxhumana okunandayo komzimba okuhlala njalo. Ubuhle bomphakathi kanye nobukuvu bokungqubuzana. Umuzwa wokuxhumana kweqiniso nabalingani, okuthi amanye abantu abangawutholi ngempela lapho bengagxilile.	Ingozi yezinhliziyo (ukungcola kwezinhliziyo ngamathoni amakhulu). Ukwabiwa okungenxa enhle kokuphila. Ukuhlazuluka kohlelo lwe-serotonin ofana ne-MDMA. Ukukhula kwengozi ngokushibhile. Ukuthenga okuqhubekayo ngenxa yesikhathi esifushane. Ukwehla okubalulekile okuhlanganisa ukudabukiswa kanye nokukhathazeka.
MDMA (ukwengezwa okuvamile)	Ukukhishwa kwe-serotonin: ukukhishwa koxytocin, ubuhlobo bomzwelo, imiphumela ekhuthazayo, ukuphimiswa	Ukuzimisela ngobuhlobo obuqinile kanye nokwamukeleka. Umuzwa wokuba uyabona futhi ufunekile ngokuphelele.	Ukutheleleka kwe-serotonin ngenxa yokusetshenziswa okuvamile. Ukwehla kuka-MDMA ('amahloni zangoLwesibili') kungukwehla kwe-serotonin — ukutholwa,

	kokuzwa, umdlalo. Kufakwa njengengxenye yale "trinity" ngenxa yezimpahla zayo ezikhethekile zokuxhumana ngomzwelo.	Ukuncishiswa kobufazalwe obukhulu. "Uphisi wobuthando" kulokhu okubalulekile kwezinto ezihlobene nobuhlobo kanye nemizwa, okuthi ubunzwi bomuntu ngamanye ahluzo abawuqala njalo.	ukukhathazeka, ukwehlukana nomphakathi. Ukululama kudinga ukulungiswa kohlelo lwe-serotonin kanye nokusebenza kahle kohlelo lodopamine. Lesikhathi esingamanga ngemuva kokusetshenziswa kuyisikhathi lapho umuntu unobuthakathazekile ngokomzwelo.

Ngingakwazi ukukusiza ngalokho.

I-CENTURION - Izinto ezilwa nakuyona ayikaze ibe umgomo. Okubalulekile kwakuwuhlobo lwesipiliyoni.

Ukuziqonda ukululama ekusetshenzisweni kwezinto eziyizulu (chemsex) kudinga ukuqonda ukuthi lolu hlobo lokusetshenziswa lubinikeza yini—hhayi izinto ezisetshenziswa ngabanye, kodwa yonke indlela elandelwayo. Leli khomipiyamu ligama izinto ezisetshenziswa njengoba 'i-Chemsex Daemon' eyenza ukuthi 'ikhambi liyeke ukusebenza kwezindlela zemvelo zomuntu wokubona izingozi.' Kodwa le ndlela yokufunda, nakuba iyayifanele ekunciphiseni umthelela omubi, ichaza indlela esebenzayo kodwa ayichaze ngokwanele amandla alokho okukhombiswe.

Yini okuyinto eyethule i-chemsex—ngokuzithobele futhi ngaphandle kokubaluleka ukuthi kungani abantu bayidinga:

- Ukukhululeka kwezinto eziyintandokazi: Kubantu abaningi abanomuzwa wokudlala ngempilo yabo yangasese, okubandakanya ukwesaba, ukuhlukumezeka ngenxa yokuba ngumuntu ongakhuliswa ngabanye, noma umthwalo womlando wokuphila emphakathini owawugunyazwe, ogunyaziwe futhi wawonakala kakhulu yi-AIDS phambilini—ukususa lokhu ukwesaba ngekemikhakha bekungeyona into ejabulisayo. Kwakuyokukhululeka. Ukukhululeka ekwesabeni okuhlinzekwa yilezi zinto kwakuqinisekiswe, futhi kwakunika ithuba lokufinyelela ezingxenyweni zempilo yangasese ezibukeka zingasebenzeki ngaphandle kwalokho.
- Ukumukela ngokuphelele kanye nokuba ngingxenye yomphakathi: ekuhambeni okuhle kakhulu, umkhakha we-chemsex unikeza umphakathi wokwamukelwa okuphelele—izindawo lapho ukuziphatha kweqiniso (queer sexuality) kuzo zonke izimo kuyagujwa kunokutolikaliwe. Ukuba ngingxenye yomphakathi bekuyiqiniso. Ukuxhumana bekuyiqinizo. Izinto ezithile zandisa lokhu ngokwenzeka kwezokwakheko, kodwa into eyandisiwe yayiyiyo eqiniso.

- Ukuxhumana okukhulu ngokomzimba nangokwengqondo: Imiphi yamephedrone enhle kakhulu kanye nezimpawu zokuzimisela ze-MDMA zidala izinto ezixubile zomzimba nangokwengqondo ezingavamile. Kwabantu abaye bahlosiwe ukuxhumana okungcono, ukulimala ngokwengqondo, noma ubunzima ekubonakaleni—ubunzulu bokuxhumana okuvamise kwi-chemsex kwazizwa njengesikhathi esiyodwa sokufinyelela ukuthintana kwabantu.
- Ukuhlala kanye nokusebenza: Amandla amakhulu atholwe nge-crystal meth kanye nokuncibilika kokuphazamiseka kwe-meth kwenza ukuba kube nokwenzeka umsebenzi sexual okuhamba amahora noma izinsuku, okungaba yinto engokwemvelo uma ngaphandle kwaleli drug. Kubantu abazizwa bengabakhululekile ekusebenzisweni kwamandla abo ngokwezokusondela, lokhu kwenza ukuba kube isidingo esikhulu kunokuba nje kungcono.
- Ukungena esihlahleni kanye nokuhlazwa (nge-ketamine): ezindaweni lapho i-ketamine yayengeziwe, umkhakha wokuhlazwa ubonise ukufinyelela ezimweni zengqondo ezifunwe ngokuphothulelwe ngenxa yobuhle bawo kanye nomuzwa wemibonambi.

Lezi zinto zonke azihambi futhi uma izinto ezibangela ukuthi zisetshenziswe ziyasuswa. Ukululama kufanele kubhekane nayo yonke into—hhayi ngokufunda ukuthi kwakuyizinto ezingokoqobo, kodwa ngokuthola izindlela zangempela, ezingenamithi, zokufinyelela kulolu hlobo olufanayo lwemiphumela.

Ukungqubuzana kwezindlela eziningi zokwelapha.

I-CENTURION - Ukususwa Okuthathu Kuwenzekayo Ngokulingana - Namazinga Ahlukene Eziyingozi Ezempilo.

⚠ UKUQINISEKILE KOKUGAYWA KWEMIDLALO EHLANGANISWE NAMAKIMIKA KUYI-GHB/GBL OKUYINGXABA YOBUTHU. FUTHI, UNAWO AMADOSI WE-GHB/GBL NJALO—IZINKATHI EZININGANA NGAMAHORA—UNGAYEKHWA KUFUNDA. THOLA UKULUNGELEKILE KWOMDOKOTORI PHAMBI KOKUNCIPHISA UDOSI. UKUQINISEKILE KWEMIDLALO YE-METH NAMAPHEDRONE, NAKUBUDLULEKEZI, AKUBANGELI IZINDABA EZIBONAKALAYO ZEZEMPILO NJENGOYE-GHB/GBL.

Isibhamu.	Ubululeki bomtholampilo ngesikhathi sokukhipha uketshezi.	Peak difficulty timeline	Izimpawu eziyinhloko zokulahlekelwa.
GHB / GBL	UBungo lwezinkinga zokulala kanye nezinkinga zengqondo. Ungayiyeki ngokushesha uma	Ihora ezingu-2 kuye ku-72 ngemuva kokugcina ukuthatwa kwedosi - isikhathi esiyingozi.	Ukungcwaba, ukulahlekelwa yinkinga, ukubona izinto ezingabonakali, ukungqubuzana okukhulu kwemikhuba

	uthola idosi izikhathi ezingu-3 noma eziningi ngosuku. Kudingeka ukugcinwa kwezokudokotela.		yomzimba, ukukhathazeka okukhulu, ukuphunga kakhulu, ukuthamba ngokushesha. Kudinga ukwelashwa kwezokudokotela nge-baclofen noma i-benzodiazepine. Bheka incwadi ye-GHB kulolu chungechunge ukuze uthole iphrothokhali egcwele.
I-crystal methamphetamine.	EPHEZULWA - Ukuba nobunyembezi obukhulu; akuyona ingozi emiboneni ngqo.	Usuku luka-1 kuya kwezinsuku ezingu-14 ngesigaba esibukhali; amasonto ukuze kutholakale ukubekezelela.	Ukukhulu kakhulu kokugula, ukulala okuningi (ukuhlazwa), ukuphithiphithi okujulile, ukungathandi kwakho konke, ukunambitheka okunobungozi, ukukhathazeka. Ukuhlukumezwa ngemethu ngemuva komsizi wokuzilibalaza osinde izinsuku eziningi kuyisimo esilukhuni kakhulu ekwelapheni kokulima izinto ezinamandla.
Mephedrone / i-cathinone.	Ukucindezelwa ngokomzwelo okukhulu, kodwa okungenazo izinkinga ezinkulu zokwelaphe ngokushesha.	Usuku luka-1 kuya kwezi-5, ukukhulu; amasonto okuhlaziywa kwesimo.	Ukudangala, ukukhathazeka, ukugula, ukungaboni injabulo, ukuphazamiseka kokucinga, ifiso eliqinile, ushintshashintshi emizweni. Ukwehla kwe-serotonin kubalulekile—ukudangala kungaba buthuthukisi kakhulu futhi kudinga ukugwenywa.
MDMA (uma kusetshenziswa njalo).	Ukwehla kwe-serotonin kudala ukuba khona kokuphazamiseka okukhulu ngemuva kokusetshenziswa.	Usuku lesi-3 kuya kwalesi-7, ukwanda okukhulu; amasonto ukuze kube yinyanga yokubuyela esimweni esijwayelekile kwe-serotonin.	Ukudangala okukhulu, ukuthukuthezi (okuthiwa "izinsuku zama-Lwesibili" ngemva kokusebenzisa i-MDMA), ukukhathazeka, ukungabi nakanjani ngokwezimo, ukuzikhisela, ukuphazamiseka kwengqondo. Ukumane i-MDMA isetshenziswe

			kaningi, kakhulu ukwehla kwe-serotonin.

Indlela yezokwelashwa: Qala ngokubhekana nokwehliswa kwe-GHB—kuyingozi ezibukhulu kakhulu. Ukwehla kwe-meth ne-mephedrone kuzoba ngesikhathi esifanayo, kodwa akuyona into ebangela ukufa ngokushesha. Ukwelashwa kwazo kuzohamba ngokuhambisana uma ingozi ye-GHB isixazululiwe.

Isigaba 2 — Uhlelo Lwakho Lobungane.

Incwadi yale nqubomgomo igcizelela ukuthi kunemikhakha emibili ethile ye-pharmacogenomics eyingozi mayelana ne-chemsex: i-COMT Val/Val (i-"Warrior" - ephakamisa ukuzifuna okungokukhulu okugelelwe yinkinga yokuntuthuka kwe-dopamine) kanye nezinhlobonhlobo ze-MTHFR (ezinciphisa ukuhlanzekile kwengxubevange futhi zivimbele ukukhiqizwa kwamakhemikhali afanele). Uhlu oluphelele lwe-genomic panel wezokululama kwe-chemsex luthathwa kumihlahlandlela yeyayensi nganye, kodwa linemithetho ethize mayelana ne-chemsex:

Igene.	Variant	Imisebenzi ekhudlwana ne-chemsex.	Ukubuyela esimweni esiphelele kubalulekile.
COMT	Val/Val (rs4680) — Ukwakhiwa komuntu oqinile.	Ukuhamba kungenzeka okuyinhloko kwe-chemsex kuhumusha we-genomic. I-COMT esheshayo = ibanga eliphansi lodopamine = ukuzimisela ekuthakaseleni okunensele, okuhlanganisa nokufana komphakathi kanye nezingozi. Umuntu othi u-"Warrior" ufuna ukuthakasela ngoba ukuthakasela kuyinto kuphela okunikeza isignali edumele yodopamine.	Ubunjini wezokululama kufanele uhlinzeke ngobunzima obuqinile —ukuncintisana, izinsele zomzimba, ukufeza okudala, ingozi ebalulekile. Umuntu owayeyisikhulu ongakwakhi ubunjini obufanayo wobunzima ngemuva kokuyeka ukusebenzisa izidakamizwa, ngeke uphinde usebenzise izidakamizwa, hhayi ngenxa yokwehluleka ngokobungcweti, kodwa ngenxa yomphumela omkhulu ezakhiweni zombili.
MTHFR	C677T (rs1801133) kanye ne-A1298C (rs1801131).	I-compendium igxize ngokucacile ukuthi izinhlobo ze-MTHFR zandisa ingozi yokudluliswa kwe-HIV ngokuphazamiseka kobubanzi bomswakama, okungukuthi ubunjini obuqinile. Futhi, kuletha ukukhathazeka ekwakheni ama-	Ukuthuthwa ngama-5-MTHF kuxazulula izinkinga zombili zomdwebo wamakhambi kanye nokuntulelwa kwezinto ezithintekayo zezinjingi ngasikhathi esisodwa. Lokhu akuyona into eyenziwe ngokuzimisela kubantu abanohlobo lwe-MTHFR ekuhleleni ukululama kokuphuza izidakamizwa - kuxazulula ingxenye yengozi ye-HIV ehlobene nomzimba kanye nomkhuba wezinto ezithintekayo

		neurotransmitter, okuholela ekungqubuzeni nokusinda okuyisikhathi esilandelayo se-chemsex.	zezinjingi.
GABRA2	rs279858 / rs279845: i-haplotype engobango.	Kutholwa ukubaluleka kwendlela i-GHB esetshenziswa ngayo kanye nengozi yokuthe xaxa. Abantu abanezinkinga ze-GABRA2 banenani eliphansi kakhulu le-GABA inhibitory tone - i-GHB inikeza ukuphumula okukhulu, futhi labo bantu bayizwa kangcono kunabanye.	I-GABRA2 ephezulu kukhona ingozi enkulu = ukwehla okungenze kancane kwe-GHB kuyadingeka, izimpilo ezibucayi ze-PAWS (izimpilo zokwehluka), isikhathi eside ukuze kube lula ukubuyela esimweni esijwayelekile se-GABA. Futhi kunquma ingozi yezimpungushe ensukwini yokwehla kwe-GHB — ulwazi olubaluleke kakhulu eqenini lodokotela.
DRD2 / ANKK1	Taq1A A1 allele (rs1800497) — Izindlela Zokukhathazeka.	Ukwehla kwezinga lama-D2 receptors = ukuntuleka okuphakeme kakhulu kwesignali ye-dopamine = ukuzimisela okukhulu ukuze uthole noma yiluphi uhlanzekile oluxazululula lesi simo. Ukudlala ngamathalente amaningi kwe-chemsex kunikeza ukuncishiswa kwaleli nkinga ngendlela esebenzayo kakhulu kunoma yiliphi olunye uhlanzekile.	Umuntu onengqikithi ye-DRD2 A1 akwanele ukuthi alindele ukuphila okunokhululeko ngaphandle kokwakha okucophelekayo kwezinto eziningi ezinomthelela omkhulu. Ukululama okuvela emthonweni owodwa akunelamuhla. Ubunjiniwe obuqinile bokuhlaziywa kufanele bube nemikhawulo eminingi.
DAT1 / SLC6A3	10-ukuphindaphinda kwe-allele ye-VNTR (rs28363170).	Ukukhulu kakhulu kwe-dopamine transporter = ukuthakasela okusheshayo kwe-dopamine = ukwehla kobubanzi be-dopamine	Ukuhlolwa kwe-ADHD kubalulekile kakhulu ekululazeni kokuziphatha okuyingozi (chemsex) — kungase kube ukuthi umthwalo wamangele wawusetshenziswa ukuze zithulwe izimpawu zesifo sengqondo se-ADHD.

		esikhathini esincane = impendulo eqinile kumthelela we-meth ekulaliseni i-DAT. Futhi kuhlobene kakhulu ne-ADHD — ukuzithuthukisa nge-meth yabadlala abanokugula kwe-ADHD kuyindlela edokumentiwe yokusebenzisa izinto ezimangalayo.	Ukwelashwa kwe-ADHD ngemithi engenzi umfutiso kuthintela ingxenye yale nkinga futhi kususa enye yezinto ezibangela ukuthi umuntu asetshenzise amangele.
SLC6A4 / 5-HTTLPR	I-allele emfushane/emfushane - ukuncishiswa kokuvezwa kwe-serotonin transporter.	Ukuba nomuzwa wokukhathazeka ophezulu, kunokwenza ukuthi kube nengozi enkulu yokuphimisela ngempilo yangasese ngenxa yokwesaba. Ukuba nenkinga enkulu kakhudlwana empendwini yakho kungabangela ukuthi uphimisise impilo yangasese. Abantu abathintekayo bangase bathole ukuthi imiphumela ye-serotonin evela kuma-mephedrone kanye ne-MDMA yinto enhle kakhulu kuleyo nto eyaziwa njenge-"chemsex".	Ukulungiswa kwe-serotonin kubalulekile kanye nokubuyiselwa kwama-dopamine kubagibeli be-SLC6A4 abanobunzima obufushane/obufushane. Ukukhathazeka kanye nomuzulu owakubonakala ngaphambi kokuphuza izinto ezithusayo, wawuwoyela bomzimba, hhayi omthethizo, futhi udinga ukwelashwa ngokombili, kokubili ngokomzimba nangokwelapha.
CYP2B6	*6/*6 umuntu onamandla amancane okushintsha izinto emzimbeni (rs3745274).	Ukuguqukwa kwe-GHB — labantu abangaguquki kahle i-CYP2B6 bagcina izilingo ze-GHB kanye ne-norketamine eziphezulu kakhulu ezinsimini zabo zokuhluma. Encwadi, kukhona okuthi 'Ingozi Ye-Dissociative Logjam'. Kwezimo zokusebenzisa imithi ukuze uthole	Ulwazi oluyisisekelo kulithimba lodokotela eliphatha ukweqa kwe-GHB kanye nokuncishiswa kwayo kancane. Abantu abangakwazi ukuhluza i-CYP2B6 kudinga amadosi aphansi e-baclofen futhi kufanele babhekwelwe ngokucophelela ngenxa yokuhlanganiswa kwemithi.

		ukujabulela, labantu abangaguquki kahle i-CYP2B6 bangase bathole ukuthemba kwe-GHB ngokushesha futhi ngezindlebe ezincane kunabanye.	
FAAH	C385A (rs324420) — ukwehla kusebenziseka kwe-FAAH.	I-gene yokuqukethwa kwe-endocannabinoid. Ibubaleka uma uketshezi kwakuyingxenye yenhlanganisela ye-"chemsex" (okujwayeleke kakhulu, ikakhulukazi ukuze kuncishiswe ukukhathazeka okubangelwa yimithuthuzeli). Futhi ithinta ukufinyelela kwe-anandamide - imolekyuli yokuxhumana kanye nokujabulela ngendlela yemvelo.	Abathwali be-FAAH A/A banethoni ephezulu ye-anandamide yendalo—ukwanda kakhulu kwenjini yendalo yokuxhumana nomphakathi kanye nokujabulela okuyikhambi elithile. Ukuzivocavoca kanye nokuxhumana nabanye kuvuselela le nqubo. Indlela yokululama yendalo kulolu hlobo kuhlanganisa ukusebenza kwe-endocannabinoid.

Isigaba 3 — Uhlelo Lokuhlanzwa — Hlahlwe umzila olungiselelwe yindlela yokusebenzisa izidakamu eziningi.

I-CENTURION - Izindlela Ezintathu Zokululama, Umuntu Omunye, Uhlelo Oluhambisana.

Ukululama ekuthini kokuphuza izinto ezinomthelela emzimbeni (chemsex) akwenzeki ngendlela eyodwa. Izinto ezintathu ezisemqoka zidinga imizinyosi emithathu yokululama, ngayinye nayo yesikhathi sayo, imfuneko yezokwelapha, kanye nohlelo lwemithi esiza ekululamaneni. Le mizinyosi ayiphindaphindi—iyasebenza ngasikhathi sinye, ihambisana.

Umqondiso wokuhlela: qala ngokunakekelwa kwe-GHB (isimo esiphuthumayo sezokwelapha), yenza uhlelo lokwelapha kanye nezindlela zokusiza ezifanele kuyo yonke imikhakha emithathu, bese ngemuva kwalo uthuthukisa ukwakhiwa kokululama ngokwezinto eziphathekayo kanye nobuhlobo.

Ithrekhi 1: I-GHB/i-GBL - Ububanzi Bokwelapha.

Uma uyisebenzisa i-GHB noma i-GBL izikhathi ezintathu noma ngaphezulu ngosuku, lena ukubaluleka okukhulu kwezokwelapha kwakho. Ungazami ukuphatha ukwehliswa kwe-GHB ngokwakho. Yonke indlela ye-GHB ekhonjiswe kuleli khasi eliyingxenye yale ndlaliso isebanzisa. Izinto ezibalulekile:

- Ukunciphisa ithempi lethu eliyisikhathi le-Baclofen ngaphansi kokubhekwa kwodokotela - yindlela ekhuthazayo kakhulu yokwelapha ukususwa kwe-GABA-B.
- Uma i-baclofen ingatholakali, sebenzisa uhlelo lwegrisi eliphezulu le-benzodiazepine ngaphansi kokugxilwa kwezinyawo zokwelapha.
- Ukubekwa kwezinto mayelana ne-GABRA2 kukhombisa ukuthi kungakanani ukunciphisa idosi - izinhlobo ezingobungozi kudinga ukunciphiswa kwedosi kancane.
- Ukusetshenziswa kwezincwadi ezengeziwe kuqala ngosuku loku-1: magnesium glycinate (400–600mg, kuxekethwe), P5P (25–50mg), 5-MTHF (400mcg), L-theanine (200–400mg ngokwedinga).
- Selank (ngendlela yokufakwa ngommese), ukulawula ukukhathazeka ngesikhathi sokunciphisa utholelwe - akuyona into ekhuthaza ukutadela, ihlobene ngqo nokubuyiselwa kwe-GABA-B.
- I-Epitalon yisisebenzi ekulungiseni ukwakhiwa kokulala ngesikhathi sesikhathi sokulazi esiphindaphindiwe.

I-2: I-Crystal Methamphetamine - Ukubuyisela kwe-Dopamine.

Ukwelashwa kwezokudosiwe kwe-meth kuqala ngasikhathi esifanayo nokwelashwa kwezokudokotela kwe-GHB. Akukho ukungcola okwedlule ngokwengcweti okuvela ekulahlekeni kwe-meth—kodwa ukwehla kuka-meth ngemuva kweseshini yomdlalo wokuziphatha eyizinsuku eziningi kungelinye lamakhondlo athuthukile kakhulu emibonweni engokwengqondo ekwelashweni kwezokudosiwe. Lungiselela lokho.

- Vumela ukuba ugweme: Iphrothokholi 01 (Isicelo), ukulala, ukupholisa umzimba, ukudla okunesipheyini uma uthanda ukudla.
- I-tyrosine (500–1000mg, ekuseni, kude nezinto ezinezipheyini): isiqinisekiswe se-dopamine — qala ngosuku lesi-3 noma lesi-5 uma udla ngokuphumelelayo.
- NAC (600mg kabili ngosuku, ngetilimo): ukulawula ukulingana kwe-glutamate; ukunciphisa ifiso.
- Uridine + i-DHA + i-CDP-Choline (i-stack yombambo): Ukwandisa inani lama-receptor e-D2 - ukulungiswa kwakubambezeleka kwe-dopamine.
- Ukuqala kokuphimisela kwenziwa ngokushesha okukhulu - i-BDNF iyisigneshi yokulungisa umonakalo we-axon ye-dopamine edalwe ukusetshenziswa kwe-meth.
- Semax (ngendlela yokufakwa ngommese): Ukwandisa i-BDNF nokubuyela komlingo we-prefrontal. Ukuphazamiseka kokucinga okuhambisana nezikhathi zokusebenzisa izidakamizwa kanye nezinye izinto ezithintekayo kungenzeka ukuthi kuphenduliwe ngalolu hlobo.
- BPC-157: ngokuqondile ukulwa ukuhlaziywa kohlelo lodopamine okuphathelene nezinto ezithusa kulezinhlahlulo zocwaningo.

Ithrekhi 3: I-Mephedrone ne-Cathinones - Ukwakhiwa Kabusha Kwe-Serotonin.

Ukululama kwe-mephedrone ne-cathinone kufana kakhulu nokululama kwe-cocaine (ukuphazamiseka kokuthathwa kabili okuthathu) futhi kunomthelela omkhulu we-serotonin ofana ne-MDMA. Ingxenye ye-serotonin ibalulekile kakhulu ekululamaneni nokuphuza kwezinto ezinobuthi ngesikhathi sokuxaphazwa (chemsex) ngoba ukukhishwa okukhulu kwe-serotonin kwe-mephedrone kwakunikeza ubudlelwano bomzwelo kanye nokunethezeka okwenza ukuxaphazwa kube njengokuxhumana okungenxa.

- 5-HTP (50–100mg, kusihlwa): isiqinisele esithule i-serotonin — isiqinisele esibaluleke kakhulu ekulungiseni ukungenangqondo nemizwa kanye nokwehlukana nomphakathi ngemuva kokuvikela kwe-mephedrone.
- 5-MTHF (400–1000 mcg, ekuseni): ukwesekwa okuyisisekelo kwe-methylation; lokhu kuyinto ebalulekile kakhulu kulabo abanokuguqulelwe kwe-MTHFR.

- Inositol (4–12g, ngenani elahlwini ngamathuba ngalinye lokudla): ukulungiswa kobuciko bemithombo ye-serotonin; kusebenzisa kakhulu ekwelapheni ukukhathazeka kanye nomuzwa wokujwayela okubandakanywe kwe-mephedrone.
- Omega-3 EPA esezingeni eliphezulu (ukuphakama kwe-2–4g ngosuku): ukuxhasa imizwa nokulwisana nomdlavuza emzimbeni.
- Uma i-MDMA ingasetshenziswa njalo: ukwehla kwe-serotonin kungaba kukhulu—vumela imizuzu engu-6-8 ngaphambi kokulindela ukuphuzi kwengqondo; i-5-HTP nokupumula yizindlela ezisemkhakheni.

Uhlelo Lokuhlehliswa Oluhlanganisiwe Lwezinto Eziyisiduli Kwi-Chemsex.

Timeline	GHB / GBL track.	Imigudu yomuthi we-methamphetamine.	Imiphi.
Amahora angu-0 kuya kwangu-72.	NGXUBI YOMBUZO WOKUGULA OKUNGENTABALWEKI. Iphrothokholi ye-Baclofen noma ye-benzo. Ukugxilwa. Izinyathelo zokuqapha ukungqubuzana. Lena kuphela indlela ebalulekile kulo mxube—konke okunye kulindele.	Ukuhlazwa. Ukulala. Ukulala okuningi. Ungalwahlungu lokho. Umzimba udinga ukukhetha. Yomile amanzi. Dlula noma yini ongayidla.	Ukuhlazwa kanye nokudangala. Vumela. Ukupumula kuyindlela yokwelapha.
Usuku lesi-3 kuya kwalesi-7.	Ingozi enkulu iyedlule uma ilungiswa ngomswakazo wezokwelapha. Uhlelo lwe-GABA lusatholakala lunokwehla kakhulu. I-Magnesium, i-L-theanine, ne-Selank zisebenzisa ukunciphisa ukukhathazeka. Unganciphisanga izingcezu ze-benzo ngokushesha.	Ukudida okujulile kanye nokungathandi kwento. Lesi yisikhathi esinzima kakhulu kulabo abasebenzisa utshwala. Iphrothokholi 01. Xhumana nomuntu onakekelayo. Qala ukuthathela i-tyrosine ne-NAC uma udla.	Ukuchoboza okukhulu kanye nokukhathazeka. Kusetshenziswa i-5-HTP. Ukwesekwa kwe-serotonin, okuyingxenye yokuphuzi. Ukungabi nakho ukuzizwa (ukuthi umuntu ukhululekile) kungenxa yokuthi umzimba uyakuvuselela kabusha.
Izingxenye ezingu-1–4.	Ukuncishiswa kwe-GHB kuqhubeka ngaphansi kokubhekwa kwodokotela.	Anhedonia ekhona kakhulu. Ukuzivocavoca kuqala – kuyinkinga, akuyinto eyenziwe	Ukuthuthuka kwekukhulu okujulile. Ukuhlukaniswa

	Ukuhlanganiswa kwamathuluzi okuxhasa ukusebenza kuyakwakhiwa. I-Selank isetshenziselwa kancane nsuku zonke ukuze kuncishiswe ukukhathazeka. Ukulala kuthuthuka kancane ngenxa ye-Epitalon. Ukwandiswa kwemisebenzi yama-receptor e-GABA kuqaliswe.	ngokuzithandela. I-NAC ne-Brain Stack zisebenza. Ufiso lokuhlanganisa ukusetshenziswa kwe-meth kanye nokuxhumana lukhuluma kakhulu njengobufakazi obuqinile.	kwabantu kungase kuzwakale kubucayi - ubudlelwano obubangelwa yi-serotonin buyaphela. 5-HTP ne-inositol. Ukungena kabusha ezihlangweni ngendlela elula.
Ngezi Nyanga 1–3	Ukwehliswa kwe-GHB kungathatha umzuzu noma kungaba ezinyangeni, kuye ngobukhulu bokusetshenziswa. Uhlelo lwe-GABA luyalulama kancane. Izinkinga ze-PAWS (izimpompo zokugaya) - izigxivizo zenxawo - zidinga ukuphefumula kwe-4-7-8 kanye ne-Selank.	Ukukhuliswa kwe-D2 receptor kuqhubeka kutholakala ngokulinganiselwe. Izikhathi zokujabulela ezibonakalayo zibuya. Ukucophelela kwengqondo kubuyela. Impendulo yomswakama ibuyela—ingase ibangele ukumangaliswa ngaphandle kwesimo esifanele mayelana nokuthuthukiswa kwezinto zemithi.	Uhlelo lwe-serotonin luyakuvulwa kabusha. Ukwenza okuhlangenwe nakho nabanye kuye ngoku buyabuyela kancane kancane. Ubuhle bemizwa obubekhisiwe yi-mephedrone uqala ukuvela — ngokungenani, ngezikhathi ezithile — ekuxhumaneni kweqiniso.
Izinyanga ezingu-3 kuya kweziyi-12.	GHB, umzila uyisimpumelelo kakhulu futhi ukunciphiswa kwemithweyo kuyalungile. Ukuguquka kwe-GABA okwenzekile ngokuphuzi ngenhliziyo kanye nokuzivocavuca. Izinto ezibangela ukuba umuntu azizwa okuthile (PAWS) zinyuke futhi ziyanciphakala.	Uhlelo lodopamine lusezingeni elingaphezulu noma eduze nalokho. Ifiso yensekukhuni eyandisa ngokwemvelo ibuyela. Umugqa oqokiwe ngenhla ukhululeka. Ukuzimisela okunzulu koxhumano phakathi kwe-meth neyensekukhuni luthini.	Izinga lesi-serotonin selokhu buyile ebunzimeni obuqondene. Ukuzethemba kwezihlangano ngaphandle kwelitye luyatholakala kalula kakhulu. Ubuhlobo okwakuholelwa kukho yi-mephedrone bungaqaleka ukutholwe kubuxhumanekeze bonjalo.

Isigaba 4 — Ukwakhiwa Kabusha Kwezinto Eziphilayo — Uhlelo Oluhlanganisiwe.

Uphakheji lwegama lokulima okusiza ekubuyeni kusebenzisa izindlela ezihlukene ezivela kumahlwazana e-GHB, meth, kanye ne-cocaine/mephedrone, futhi engeza nezinto ezikhethekayo zokulima. Umgomo: ukwakha kabusha umsebenzi we-GABA-B (indlela ye-GHB), ukukhiqiza i-dopamine kanye nomthamo we-D2 (indlela ye-meth), kanye nokuthunyelwa kwe-serotonin (indlela ye-mephedrone/MDMA) - kuyilapho kuxazululwa isisekelo sokubekwa kwemithambo okuyikhona kuzo zonke lezi zindlela ezintathu.

4.1 — Isisekelo Sokuguqukushwa Kwezimpucuko — Okuyinto Ebaluleke Kakhulu Kuwo Wonke Uhlelo.

Supplement	Idosi.	Isikhathi.	Kungani kubalulekile ikakhulukazi ekubuyeni kwezokwelapheka kokuphuza nezinto ezinamandla ngesikhathi sokuxaphazeka?
5-MTHF (L-methylfolate)	400–1000 mcg ngosuku ngalinye.	Ukudla ekuseni.	Iphethini elingakapheli igama izinhlobo ze-MTHFR njengokuthi ziyandisa ingozi yokudluliswa kwe-HIV ngokuphazamiseka kwezigceme. I-5-MTHF ibhekana nalokhu ngqo - ixhasa ukugcinwa kwamazigceme ezingeni leselula - kuyilapho ihlinzeka nangosizo ekukhiqizweni kwamakhemikhali agxile emzimbeni, okuyinto esebenza kuyo yonke imihla yokuphulukiswa. Ekuhlelweni kokululama kwe-chemsex, lesi siphelelo siyisiphoqo esibalulekile ekubhekiseni ngombani womswakama we-HIV kanye nezindlela zokusebenza zamakhemikhali emzimbeni.
Methylcobalamin (B12)	1000–2000mcg ngaphansi koluphiko.	Ngafa.	Isebenzisana kahle ne-5-MTHF. Ukulahlekelwa kwezinhlelo eziningi ngamakhambi (idopamine, iserotonin, i-GABA ngasikhathi sinye) kudala ukuthi kudingeke kakhulu izindlela zokukhiqiza ezisetshenziswa yi-B12. Ifomu elilayishi elingaphansi loluphinde

			(sublingual) ukuze kutholakale ukufakwa okungcono kakhulu. Kusekela ukugcinwa kweminye imithombo yezimbobo zamagama (myelin), okubaluleke ekulaliseni umonakalo wezengqondo obangelwe yi-methamphetamine.
P5P (i-B6 esebenzayo).	25–50mg	Ngafa.	I-cofactor yokukhiqizwa kwe-GABA (kuhlelo lwe-GHB), i-dopamine (kuhlelo le-meth), kanye ne-serotonin (kuhlelo le-mephedrone) ngesikhathi esisodwa. Izinhlanzela ezicindezelwe yi-P5P zifuna kakhulu ekubuyeni kwechemsex. Okungavumeki kuzo zonke izindlela ezintathu.
I-magnesium glycinate.	400–600mg yezingxenye ezibalulekile.	Ngekusasa nangempela.	Ukuxhasa uhlelo lwe-GABA-B (uhlelo lwe-GHB) kanye nokulungiswa kwe-NMDA / ukuncishiswa kakhulu kwangozi (uhlelo lokukhipha i-meth). Futhi, kuxhasa umsebenzi wezinhliziyo - okubalulekile ngenxa yimiphumela emibi ye-mephedrone ne-meth ezinhliziyweni. Qala ngosuku loku-1.

4.2 — Uhlu Oluhlanganisiwe Lwemithombo Yomswakama.

Supplement	Idosi.	Isikhathi.	Ithrekhi eyinhloko.	Notes
L-Tyrosine.	500–2000mg	AM, kude kunoma yikuphi okukhulu kwe-protein.	I-meth / i-dopamine	Qala uLanga lesi-3 kuze kube ngu-5 uma udla ngokuphumelelayo. I-dopamine precursor - lunciphisa ukuntuleka okuyinhloko kwezinto eziholela ekutheni umuntu azithande kakhulu (meth). Yeka ukudla izipheyini ukuze kube lula

				ukutholakala kwalo.
NAC	600–1200mg, izikhathi ezimbili ngosuku.	Ngekusasa nangempela, kanye nokudla.	Zonke izindlela.	Ukulinganiselwa kwe-glutamate okubalulekile kuzo zonke izindlela ezintathu. Qala ngosuku loku-1. Ubufakazi bokunciphisa ukulambela kuyo yonke imikhakha yezinto eziyindlala. Futhi, kunamandla okuvikelakala kwelethini.
Uridine + i-DHA + i-CDP-Choline (Uhlu lwezinto ezithuthukisa ukusebenza kwegciwane).	250mg UMP + 1g DHA + 250mg CDP-choline	Sawubona kakhulu.	I-meth / i-dopamine	Ukukhuliswa kwezindlela ze-D1/D2 — ukubuyela esimweni esifanele kwengxenye yomzimba egciniwe nge-dopamine eyonakaliswe ngamethethambine. Lena into elula kakhulu—ithatha amasonto ambalwa ukuya ezinyangeni, kodwa iyindlela enobubanzi obukhulu yokulungisa izindlela zokuthola ubufakazi.
5-HTP	50–100mg	Usuku oluhle, imizuzu engama-30 ngaphambi kokulala.	Mephedrone / MDMA / serotonin	Isiqinisekiswa se-serotonin - lixazulula ukwehla kuka-serotonin okukhulu (mephadrone + MDMA + yonke inkqubo). Kubalulekile ekubuyeni kwesimo nomthamo wokulala. Ukufika kokuba ngcono kwezihlobo kuqala lapha.
L-Theanine.	200–400mg	Njengoba kudingeka, izikhathi	GHB / ukukhathaze ka	I-anxiyolitiki ehlanganisa i-GABA kanye

		ezingu-2-3 ngosuku.		nokulungiselela i-NMDA. Ayenzi ukutadwa. Kubalulekile kakhulu ngenxa yendawo yokukhathazeka enkulu ehambisana nomkhakha we-GHB. Yithuluzi eliyinhloko lokusekela i-GABA ngendlela engaphandle kwezokudokotela ekuqaleni kwenkathi.
Taurini	1–2g ngosuku.	Nokudla.	GHB / GABA	Ukusekela amakepishi e-GABA; ukukhushelwa kokuphazamiseka kwengqondo; ukuvikela inhliziyo — kubalulekile kubasebenzisi be-GBL abanenhliziyo eqala ukwelashwa. Qala ngemuva kokuthi kuqalwe nokunciphisa ukutshalwa kwe-GHB, hhayi ngesikhathi sokwelashwa okwamanje.
Inositol.	4–12g (lungiselela ngokwengezi we).	Kuhlukaniswa ngamathuba okudla.	Mephedrone / i-serotonin	Ukuzwela kwezikhathi-mbili ze-serotonin; ukuncishiswa koxoviyo; ubufakazi bokuthi ukulangazelela kungokuba yinto efanele. Kubalulekile ikakhulu ekulinganiseni nokulawula ukulangazelela okuyinkimbinkimbi kwezinto ezithintekayo, okuvamile

				ekuvikelweni.
Omega-3 EPA + DHA	2–4g ngosuku.	Nokudla, ekuseni.	Zonke izindlela.	Ukulwa ukutshisa kwengqondo; ukuxhasa i-BDNF; umuzwa (ngokugxile ku-EPA); ukusekela amembrana ukuze kube nokubuyekezwa kwezikhathi-mbili (i-DHA). Kukwelapha umonakalo ovela kuzo zonke izinto ezintathu ngasikhathi sinye.
Inhlaza ye-Lion's Mane.	500–1000mg	Ngafa.	Imethamfetamina / ukucabanga	Ukuthakasela kwe-NGF kanye ne-BDNF. Kuxazulula ukwehliswa okuqondile kwezinhlanganiswayo zokuguquka kwengqondo okubangelwa yi-meth. Ukulungisa amandla engqondo — "intambo" eyingxenye yezikhathi zemfihlo ye-meth ingobunikazi obukhulu kakhulu bokulahlekelwa kwamandla engqondo ezokwelapha ukuzithinta.

4.3 — Ikhithi ye-Peptide.

I-peptide.	Imisebenzi ehlukahlukene kuyo yonke imikhakha ye-chemsex.	Ithrekhi eyinhloko.	Notes
BPC-157	Ukunoma kwe-dopamine ne-serotonin; ukulungiswa kwe-	Wonke amathrekhi — ukusetshenziswa kwezidakamu	Iphephile elibanzi kakhulu ngaphakathi kohlelo lokululama kwe-chemsex - luhlela i-dopamine (meth), i-

	GABA-B; ukulungisa ukuxhumana phakathi komhlaza nomzimba; ukunciphisa ukuvuvukala; ukwelapha izimpelasonto.	eziningi.	serotonin (mephedrone), i-GABA-B (GHB), kanye nokulungiswa kwengu (zonke izinto ezintathu zithinta ukuguquka kwebhayoloji yengu) ngasikhathi sinye. Qala ngosuku loku-1 lwengxenye yokululama ngemuva kokuhlazwa. Ungayisebenzisa ngenzeleweni noma ngaphansi kwesistimfu.
Selank	Ukunciphisa ukukhathazeka ngokusetshenziswa kwe-GABA kanye ne-serotonin; kunciphisa ukukhathazeka ngaphandle kokudlala umdlandla; kuhlobene ngqo nokukhathazeka okubangelwa ukuphumelayo kwe-GHB kanye nokwehla kwe-serotonin okubangelwe yi-mephedrone.	GHB kanye ne-mephedrone zixutywe.	Iphephile elibaluleke kakhulu ekulungiseni ukukhathazeka - elilungele kokubili ukukhathazeka okubangelwa ukucekeliswa kwe-GABA (indlela ye-GHB) kanye nokukhathazeka okubangelwe yi-serotonin (indlela ye-mephedrone/MDMA). Akunandiso. Kufakwe ngaphansi kwisilethi. Kusetshenziselwa nsuku zonke kulesigaba esiphambili.
Semax	Ukukhuliswa kwe-BDNF ne-NGF; ukulungiswa kwengqondo; ukulawula i-dopamine; ukuphulukiswa kwegeyini eliphambili.	Ukuthola ukwaziswa mayelana nokusebenza kwengqondo (cognitive) kwi-meth.	Ukunemba kwengqondo okubangelwa yizikhathi ezinde zokusebenzisa imithambo kanye nezinto ezinomuthi (chemsex) kubukhulu kakhulu. I-Semax ixazulula ukwehla kwe-BDNF okubangelwe umthambo futhi isiza ekululazweni kwengxenye yangaphambili yengqondo, okuvumela ukwenza izinqumo ezicacile ngenkathi yokululama. Ukusetshenziswa ngendlela engena emthonjeni wamanzi (intranasal). Qala ngeVeki 1.
Epitalon.	Ubunjini obuqondile lokulala; umzila we-pineal; ukunoma kwesikhathi esiyinkimbinkimbi.	GHB - ukulala	Iphethini yokuthatheka kwe-GHB ebusuku ilimaza kakhulu ukuhlehlisa kwesikhathi. I-Epitalon isiza umzila we-pineal njengoba ukuphansi kwe-GHB kususa

			indlela yangaphandle yokulethela ukulala. Okokuqala imizuzu engu-4–6.

Isigaba 5 - Impilo Yengqondo kanye Nokululama.

I-CENTURION - Ububanzi Okuyikhambi Lokululama Okujwayelekile Alitholi Futhi Okungabonakali Ekululeni Kwe-Chemsex.

Yonke eminye imihlahlandlela mayelana nezinto eziyisipuli kuleli tsheshi iqukethe ingxenye engokwesempilo yobudlova evamile noma ephakeme kakhulu. Umhlahlandlela we-chemsex akwenzeki ukuthi wenze lokhu. Ukuhlangenwe nakubudlovu kwaba umkhakha owayisisekelo wonke uhlelo lwemithi emininingi. Ukululama ekusetshenzisweni kwe-chemsex kuyangaphansi—ngokobupilini, ngokwengqondo, kanye ngamanye amanxenye—ngaphandle kokubhekana ngokuqondile nomkhakha wobudlovu.

Le ndima ithathwe ngqo kusukela kwi-Protocol 35S ebhokisi lwemigomo (amaphrothokholi ochwepheshe alolu hlobo lwabantu) kanye nokuqukethwe kokululama kwezinkinga ezihlobene nezimpilo zabesilisa okutholakala kuVolumu V yale bhokisi.

5.1 — Ukuhlolwa Okuphelele Lwezempilo Yengqondo.

I-CENTURION - Ukuhlolwa Okungafanele Kuhluliwe.

Ngaphambi kwanoma yini ezenzweni yokululama kwezinkinga ezihlobene nezempilo zabantu: ukuhlolwa kwezokwelapha. Lezi zivivinyo aziyona into eyenziwe ngokuzithandela futhi kufanele zenziwe ngesikhathi sevhiki lokuqala lokululama, hhayi lapho uzizwa usukulungele.

- Ukuhlolwa kwe-HIV: Ukuhlolwa kokuqala kuyindlela yokuhlola yesikhathi sesibili esebenzisa izinto ezimbili (antigen/antibody). Uma kunokuba khona kokuthinta okusha, qala futhi i-PEP uma kungaphezu kwamahora angu-72. Uma ukuhlolwa kuvela ukuthi unenguqulelo ye-HIV: xhumana nomhlinzeki wokunakekelwa kwe-HIV ngokushesha. Ukwelashwa kuyatholakala, kusebenza, futhi kunika impilo ephelele kanye nezempilo yombhodlela. I-U=U iyinyanga.
- Ukuhlolwa kwezifo ezithathelwanayo:
  * Gonorrhoea (ukuthathwa kweminwe emuva, ukuthathwa kweminwe egatsheni, ukuthathwa kweminwe emlonyeni),
  * Chlamydia (ezingxenyeni ezifanayo),
  * Syphilis (ukuhlolwa kwezinto ezigibeleneyo),
  * Herpes (ukuhlolwa kwezinto ezigibeleneyo uma kungahlolwanga ngaphambilini),
  * Hepatitis C (uma kukhona ukusetshenziswa kwezidakamisa ngegazi, okubalwa nokungena ngogesi),
  * Hepatitis B (ukuhlolwa kwezinto ezigibeleneyo kanye nesimo sokugaywa).

- Ukugqashwa kwe-Hepatitis B uma ungenayo ukungqubuzana: Uchungechunge lwezindlebe ezintathu linikeza ukuvikelwa kuze kube phakade.
- Ukugqashwa kwe-HPV uma ufanelekile (kuze kube yiminyaka engama-45 kwiwoyela omningi): kunciphisa kakhulu ingozi yokuba nekanzima ehlobene ne-HPV.
- Ukugqashwa kwe-Mpox uma ungabophezisi futhi uhlala endaweni lapho kukhona khona ukusabalalisa kwe-Mpox: ukugqashwa kabili ngevini le-Jynneos. I-Mpox idlulazwa ezinketheni zokuxhumana ezifanayo lapho kwenzeka khona i-"chemsex".
- Ukuhlaziywa kwe-CBC (ukubalwa kwamahlambo) kubalulekile uma kukhona ukungaboni umswakama we-agranulocytosis obangelwe yi-levamisole, ikakhulukazi uma ukusetshenziswa kwe-cocaine kuyingxenye yendlela.
- Ukuhlaziywa okunzulu kwezicubu zombili: ukusebenza kwamakhambi kanye nomhlaza - kubalulekile kubasebenzisi be-GBL (indlela yokuguqulwa yomhlaza) nakubanye abasetshenzisi izidakamizwa ngendlela efushane.
- Ukuqinisekiswa kwezinhliziyo: I-ECG uma ukusetshenziswa okubalulekile kwe-meth noma ye-mephedrone kutholakala. Ukugcinwa kwengcazelo yegazi.

Uhlelo lokuhlola impilo yengqondo ngokuvamile ngemuva kokululama: okungenani kanye njalo kwiminyaka emithathu kuze kube umnyaka olandelayo. Uhloli oluphindaphindiwe uma unobudlova. Ukuhlolwa akuyona into yokuhlasela—kuyindlela yokuzikhulekisa ngezempilo zakho.

5.2 — Isilingo Sobudlelwano Lwenjolweni.

I-CENTURION - Incwadi ethi ngokucacile: "Ukuntuleka Ekufundeni."

UMhlahlandlela uthi ngalokhu mayelana nokungcola okubangelwa ukusetshenziswa kwezimila: 'Kubantu abaningi abathola impilo, umuzwa wokuxuba wokuqala ngaphandle kokusebenzisa izimila akuyona into ebuyiselwe. Kuyinto entsha. Ngamakhambi ngalinye, ngamaphuzu ngalinye, wonke umuzwa wokuxuba wawuhlelwe ukusetshenziswa kwezimila. Uhlelo lwemvelo alufundile ukuthi lungathini lokho okuyisibonelo sokungacashukazi - ukuvezwa, ukungaqiniseka, ubunzima bomuzwa obuye ngempela lapho akukhona lutho oluvikela umuzwa phakathi kwabantu ababili. Lokhu akuyona ukwephulwa komthetho. Kuyinto yokuntuleka kokufunda.'

Ekuhlelweni kokuvuselela ukuyeka ukusetshenziswa kwezidakamizwa, leli gap lingaba lukhulu kakhulu kunazo zonye izinhlobo zokuvuselela ukuyeka. Izidakamizwa azikaze zifike ngeze ngesikhathi sex - bekwadinga ukuba khona ukuze kwenzeke sex. Uhlelo lobunzima alukaze lufunde amakhono okuxhumana ngokuziphatha ngaphandle kwezidakamizwa, ngoba ayezinkinga eziningi zokuxhumana ngokuziphatha ngaphandle kwezidakamizwa.

Lokhu kusho ukuthi mayelana nokululama: okuhlangenwe nakho kokuqala lokuxhumana ngeminye indawo ngaphandle kwezinto eziyisiduli emva kokusebenzisa izinto ezithile, kungukuhlangabezwa okusha. Akuyona ukubuyiselwa komuntu owayexhumana ngeminye indawo ngaphambi kokuphuza. Kubantu abaningi kululame lolu, akekho umuntu owawuxhumana ngeminye indawo ngaphambi kokusebenzisa izinto eziyisiduli—uhlelo lokusebenzisa izinto ezithile lwaqala eminyakeni yokuqala yokuthuthukiswa kaminye indawo.

5.3 — I-Flatline

I-CENTURION - Usuku esizwa sengathi sikhona njengokulahlekelwa okuphakeme futhi engikho.

Incwadi iyi ichaza "ukuthuleka": 'Ekuqaleni kokululama, abaningi badlala ukuthula lapho ifiso elalikhona ngaphambilini. Akukho ukuthiwa. Akukho intshisekelo. Akukho ukudonzela kunoma yiluphi uhlobo lokubambisana.' Ekululeni kwe-chemsex, ukuthuleka kubanzi kakhulu—ngoba izinhlelo ze-dopamine ne-serotonin ezalugcwele ukuze zidalise izimo zokufisa okukhulu manje zomile, futhi ingqondo isususe ngempumelelo izinqubo zokuthiwa ebezisetshenziswa kakhulu.

Ulwazi lwe-"flatline".	Ngingakwazi ukukusiza ngalokho.	Yini okumele ngiyenze?
Ukuntuleka kokunethezeka - ukuntuleka okuphelele kwezifiso noma kwintshisekelo.	Izinhlelo ze-dopamine neze-serotonin zomile; amandla okujabulela alungiswa ukuthi asuse ukuthakaselwa kwezinto ezibanzi kakhulu; ingqondo iyakwakha kabusha ubuciko bokuzwelana nokuthakaselo kwemvelo okuyilapho okubekwe phansi ngeminyaka yokugcwaliseka kwezakhamisa.	Ukuphimisela kwencwadi: ungaphazeki, ungangihleli, futhi unganqambi. Lesi yisikhathi, hhayi umhlalulelo. Nakekela umhlabathini — ukulala, ukuvuma imithambo, ukudla okunempilo, kanye nokuxhumana — isisekelo lapho ifiso liyakuvuseleleka khona. Ukungabi nakho ukuphefumula kuzophindeka. Ubude buhlukahluka: kusukela ku-1 kuye kweziyinyanga ezingu-3 ngokusebenzisa utshwala njengomthombo wokuphuza kanye nokuxaphazwa ngamathalente; kusukela ku-3 kuye kweziyinyanga ezingu-6+ ngezindlela ezihlanganisa ukusetshenziswa okuvamile kwe-MDMA.
Umfanekiso wokuxhumana ngeminye imizwa kungaba mubi, ungumsebenzi nje, noma kunzima	Uhlelo lobuluntu lufunde ukuthi ukuvuka ngokomzwelo kufana nomuzwa owenziwe ngamamanzi. Umuzwa ongenalutho olwenzelwe amanzi. Ubunjiniyela bokuvuka	Ukuxhumana okunomilekayo okuncane kuqala: ukuthinta okuphantsi, ukubhushwa, nokubambela okungaphansi koxomo (okungalukhulu). Ukuyisa ngokubuqabene imizwa

ukuzibandakanya.	busekhona futhi busafuna ukuthinta okujwayelekile. Indlela yokuvuka eyayikhona ngaphambilini isekhona, kodwa ingajwayelekile.	eyakhayo ngaphandle kwengcindezeleko yokwenza umsebenzi oxukulwayo. Ukuziphatha ngokungenxa kungaba khona lapha — ukwesekwa kwezokwelapha kungadingeka.
Ukuzama ukuhlola ukuthi uhlelo lusebenze yini.	Ukubukela i-pornografi ukuze uthole ukuthi ukuthakaselwa kusemkhathini, noma ukuhlola ngokuphazama izimpawu zombuso, kungenisa ukukhuluphala ohlelweni olulula ngokupumzile. Yonke into oyilindela ihlehlisa ukuvuselela kabusha.	Yeka ukuhlolwa. Ukuhlolwa kuyinkinga, hhayi ubufakazi bokuba kunenkinga. Ukukhathazeka okudalwe yileli khono kuyinto ephazamisa ukuphindiselwa kwezifiso ezivamile. Incwadi efundwayo ichaza: "Bheka ngaphandle kokuzama." Izimpawu zokubuyela kwezifiso azidingi ukuthi zisetshenziswe ngokushesha.

5.4 — Ukwakha Kabusha Ubudlelwane Obucindile.

I-CENTURION — Ukufunda Okungafundiswanga—Ukuxhumana Ngaphandle Kokuvimbela.

Incwadi iyi-compendium ithi: "Ukuxhumana komsinga okwenzekile ngaphambilini ngenxa yezakhamisa kufanele kufundwe kabusha kusukela ekuqaleni. Amakhono okuxhumana okunempilo - ukuba khona emzimbeni, ukuvumela ukuba ubonakala, ukuhlala uma umuzwa uyakhulu - ayegunyazwe. Ukululama akuyona ukubuyela ngemuva. Kuyisiqaliso."

Uhlelo lokusebenza lokuwakha kabusha ubudada obunempilo ekuhloleni kwezinto eziyindaba kanye nokululama.

- Ngezi nyanga ezingu-1 kuya kwezingu-3 (isikhathi esingcono): akukho iphutha lokuziphalaza ngokwengxoxo yobudlelwane. Gxumela ekuthintekayo okungobudlelwane — ukuthinta, ubuhlobo, ukuphakama kwabantu abathenjwa. Uhlaka lwesimo sezulu lufundela kabusha ukuthi amabhodi angaba eduze ngaphandle kokuhlanzekile kwezinto zemithi. Lena ukufunda kwe-neurological yangempela, hhayi into elula yengcebo.
- Ngebhulokhi yesithathu kuze kube yaphambili (lapho ufisa uqala ukuvela): qala ngemikhuba eyisibonelo yokuxhumana engu-mpikiswano omncane, enobunzima obuncane. Akuyona into yokuhlukahluka kwabangani abaningi, izinsuku eziningi njengoba bekungenzeka nge-chemsex—lokho kungaba umgomo wakamuva, uma kuhlala kuyingxenye yobunjako bokuxhumana, futhi kulakhelwe ngesisekelo esingenalutho. Qala ngemikhuba engokwemvelo enkampani yomzimba ingathatha ngaphandle kokuthi umfihlo uyeke ukusebenza.

- Ukukhazwa ngokuziphatha: kubantu abaningi abathola ukululama ekusetshenzisweni kwezinto eziyisipiliyoni (chemsex), ikakhulukazi labo abasetshenzise izinto ezisetshenziswa ukuze bathole amakhono okuziphatha ayesengokungathiwa ayinkinga noma ukukhazwa uma bengabunayo, ukubuyela ekuhlanzweni kubuye kulethe ukukhazwa. Lokhu akuyiwo ubufakazi bokuthi ifiso lokuziphatha ngokoqobo yayingalungile. Yilonke ubufakazi bokuthi ukukhazwa bekukhona ngaphambi kokusetshenziswa kwezinto eziyisipiliyeni (chemsex) futhi kudinga ukunakekelwa ngokwehlukana. Ukwelashwa okuhleliwe eliqashelayo i-LGBTQ+ kuyindlela efanele yalesi msebenzi.
- Isimo sezifo ye-HIV kanye nomthombo wemibhalo yombungane: uma umuntu unesikhathi se-HIV - nokuthi usanda kutholwa noma esikhathi eside - umsebenzi wokululama emibhalweni yombungane ufaka ukuhlelwa kwemizwa ngokuphathelene nomhlalaphansi kanye nezinto ezenzeka empilweni yangempela mayelana ne-U=U. Umuntu ongabonakali akwazi ukugeleza. Lokhu kushintsha kakhulu indlela yombungane - kubantu abaningi, kususa ukwesaba okubangela ukuziphatha okunengkhala kunokuba umuntu akhulume ngobunjalo.
- Ukungena ngomfazi owodwa, ukungena ngezindlela eziningi, kanye nomphakathi wezimpilo: ukusebenzisa izidakamizwa kwezempilo (chemsex) ngokuvamile kwenzeka ezindaweni ezithize zomphakathi nezokuxhumana (izinhlelo zokusebenza, izindawo, amanethiwekhi omphakathi). Ukululama akudingi ukungena ngomfazi owodwa noma ukushiywa kwezindlela ezithile zezempilo. Kudinga ubuhlobo obuqinile nanoma yimuphi umphakathi wezimpilo kanye nezindlela zokuxhumana eziyefanele lomuntu. Kunemiphakathi eqinile yabantu abangabafundi (queer), imiphakathi eqinile yezempilo, kanye nezindawo zokululama ezikhuthazwe ngokucophelela ngabasebenza nabantu abangabafundi (LGBTQ+).

Isigaba 6 - Ukulawula i-HIV kanye Nezempilo Ekuhlelweni Kokuvuka.

I-CENTURION — Uhlelo 42 Esisebenzayo — Uhlu Lokuvikela Olufanele Umuntu Okhululekile Ekutshaleni Kwezinto Eziyindaba.

Incwadi yomthethizo, iphrothestshu lesi-42, ihlinzeka ngohlelo oluphelele lokuvimbela kanye nokuphathwa kwe-HIV. Le ndawo isisebenzisa ngokukhethekile kulokhu kuhlaziywa kokululama ekusetshenzisweni kwezinto eziyindaba ukuze kufinyelelwe kubuhlakani.

6.1 — Uma Ungenayo i-HIV.

- PrEP (Ukuhlaziywa Kwangaphambi Kokutshengiswa): uma ungakaze use-PrEP futhi ube ubambe iqhaza kwezinto eziyintsha ezisetshenziswayo ngesikhathi sex — qala ukusebenzisa i-PrEP ngaphambi kwanoma yimuphi umkhuba wokuxhumana. Incwadi ibiza lokhu 'i-"Pre-Execution Firewall'. I-Truvada ne-Descovy (okufakelwa kanokusho nsuku zonke) kanye ne-Apretude (ukufakelwa, njalo ezinyangeni ezingu-2) zombili zinikeza ukuvikela okungaphezu kuka-99% ekugwetshweni kwe-HIV uma zisetshenziswa ngendlela efanele. Itholakala ngezindlela ezahlukeneyo, kufaka phakathi ugrazha wakho, ikliniki yezempilo yamasu, noma insizakalo ye-HIV.
- I-PEP (Ukwelapha Ngemuva Kokutshengiswa): uma ubelokhu nokuthulelwa okungenzeka yi-HIV ngesikhathi sendlela yobudlelwane eyenziwe ngezinto ezimangalayo, qala i-PEP kungakapheli amahora angu-72. Ukwelapha lwendlela engu-28. Ukuqala ukwelapha kusenesikhathi esifushane = ukusebenza okukhulu. Buza kunoma iyiphi igospitali noma ikliniki yezempilo yangasese.
- Ukuvivinywa kwe-HIV njalo: kanye ngamathuba angu-3 ngenkathi unobudlova. Ukuhlolwa kuka-4 kwezizukulwane kungaqoqa i-HIV kusukela izinsuku ezingu-18 kuya kweziyi-45 ngemuva kokutshengiswa. Isikhathi sokulinda sehlolwa esidala akuyona isikhathi sokulinda sehlolwa esesimanje.
- Ukuqapha kwe-Hepatitis C: uma ukusetshenziswa kwezidakamisa ngendlela eyisikhathi (ukuntshontsha) kwaba yingxenye yenhlanganisela yokuziphatha engokwesiko, hlola i-Hepatitis C njalo ezinyangeni ezingu-3. I-Hepatitis C ingalaliswa. Izindlela zokwelapha ezisebenzisa ama-antiviral aqondile ziyenza ukuba kulaliswe kuka-8 kuya kwezinsuku ezingu-12 ezingxenyweni ezinkulu zabanye abagulayo. Ukuhlola nokwelashwa akuyona into eyinkimbinkimbi. Into eyinkimbinkimbi ukuthola ukuthi unayo futhi ungazi.

6.2 — Uma Ungumncane we-HIV

Uhlelo lolu: "Umuntu onobungozi be-HIV futhi onezindlela zokwelapha ezilawulayo angeke adlulise igciwane. Igciwane lisemzimbeni, kodwa alikwazi ukudluliselwa."

U=U akuyona indlela yokunciphisa ingozi. Yiqiniso lesayensi esikhunjulwe yizifundo ze-PARTNER ne-PARTNER2 ezihlanganise izinkethakazi ezingaphezu kwezinkulungwane kanye nezinyanga zokulandela.

- Uma ususwe ngobungozi, xhumana nomdokotela ochwepheshe kwe-HIV noma nesikhungo se-HIV ngokushesha. Kunconywa kakhulu ukuqala ukwelashwa kusenesikhathi esinyIngeni yobungozi. Ukwelashwa kuvamise ukuba uyaphi elilodwa nsuku zonke kanengi abantu. Abaningi abalwelashwayo badlula impilo evamile.
- Uma usuvele utholwe futhi usetshenziswa umuthi: qiniseka ukuthi ukulingana kwe-viral yakho kungatholwa ngaphambi kokuba usebenzise imisebenzi yombhodlela ngaphandle kwemikhawulo eyengeziwe. Uma ukulingana kwe-viral akutholwane—kuyinto ebaluleke kakhulu ezempilo. Xoxa nomhlinzeki wakho we-HIV mayelana nokuthi kungani ukulingana akutholwanwa.
- Chemsex kanye nokuthobela ukwelashwa kwe-HIV: Chemsex kukhubaza kakhulu ukuthobela ukwelashwa kwe-HIV. Ukwephutha amadosi eziyazilaphayo (ARTs) - ngisho nezikhathi ezimbalwa - kungaholela ekubuphindweni kwevirus. Uma i-chemsex ikukhubaze ekuthobeleni imithi yakho ye-HIV, lena yingxoxo oyidinga ukuyenza nomdokotela wakho we-HIV mayelana nezindlela zokwelashwa ezilula (Cabenuva, njalo nyanga noma njalo emibili) ebekezelela ukuthi ungathathi itabhulethi nsuku zonke.
- Impilo yengqondo kanye ne-HIV: Ukutholwa kwe-HIV ngenkathi kukhulunywa ngokuphulukiswa ekusetshenzisweni kwezinto eziyintshisi kubanga okuthile umthwalo wengqondo—ukudluleka, ukuhlazeka, nokwesaba—okudinga usizo. Ukunakekelwa kwempilo yengqondo okunikeza ukuthanda kanye nokwamukela abantu base-LGBTQ+ kuyindlela efanele. Abaningi abaphilayo ne-HIV baye babika ukuthi ukwelashwa kanye no-U=U (Ukuhlaziywa = Ukukhululeka) kushintshe kakhulu indlela ababubheke ngayo ukugwetshwa kwabo, kusuka ekuntwini okuyingozi kuya esimweni esilawulekayo. Lesi shintsho sikhona futhi singokwenyanga.

Isigaba 7 — Ukulangazelela kwe-Chemsex — Ukuqonda nokuvimba.

I-CENTURION - Ufiso luyohlanganisa yonke indawo, hhayi ngisho neyodwa into.

Umfiso we-chemsex uhlukile kakhulu kumafiselo eziyindlela eziningi ngoba into efisiswayo akuyona impilo—kuyiphenomenya. Lofisa awuqali ngenxa ye-meth kuphela noma nge-GHB kuphela noma nge-mephedrone kuphela, kodwa ufisa ukuhlangenwe nakho kwe-chemsex ngokuphelele: ubukhulu bezinzwa, ukuntuleka kokuziphatha, udlanzana lomzwelo, umuzwa wokubekezela, usuku (noma izinsuku) ezilokhu zikhona ngaphandle kwesikhathi esijwayelekile.

Lokhu kusho ukuthi ukulangazelela kwe-chemsex kunamakhambi amaningi okuyikhuthaza, okungabonakali kulangazelelo elilodwa lezinto. Kungakhutshazwa ngempela kokujabulela ngokombuxa (ukukhuthazwa kwengxoxo = ukukhuthazwa kwe-chemsex). Ngenxa yokuba yedlula nje (umsebenzi wokubambisana). Ngohlelo lokusebenza oluthile noma inkundla. Ngosuku oluthile ngesonto. Ngesikhathi esiphakeme (umsebenzi wokukhohlisa). Ngobunye ubudlelwane bomphakathi. Ngokukhumbula abantu abathile.

Izinto ezikhuthaza ukufuna okukhethekile kwe-chemsex:

* **Izimpahla.**
* **Imisho.**
* **Ukuxhumana nabangani.**
* **Indawo.**
* **Isikhathi.**
* **Imizwa.**

Akukho luthi.	Ukulama kungafuna ukufakwa.	Alternative response

Ukujabulisa ngokobudlova - noma yikuphi umthombo.	Ingqondo efunda ukuthi ukuvutha ngokocansi kufana nokusetshenziswa kwezidakamisa, iqalaza umkhakha wokulindela ukusetshenziswa kwezidakamisa lapho kuvutha ngokocansi. Ukulangazelela kungokwezinqubo ezonke okwakuhambisene nokuvutha ngokocansi ngaphambilini.	Ukujabulisa ngokobudlelwano buwukwenziwe. Impendulo yomdlalo wegwayi (chemsex) iyinqubo kodwa ayidingeki. Ukuzivocavoca kungaphazamisa. Ukuxhumana nomuntu ogxile ekubuyeni. Ukujabulisa kuzonyamalala ngaphandle kokudingeka ukusebenzisa imidlalo yegwayi ukuze kutholakale isixazululo. "I-flatline" kusho ukuthi le ndlela yokusoliswa ingase ingabi khona ekuqaleni kwempumelelo—lapho ibuyela khona, izindlela zokuvimba ziba zibalulekile.
Izinhlelo zokusebenza kanye nezinkundla ezidijithali.	I-Grindr, i-BBRT, kanye nezinye izinhlelo zokusebenza yayizingosi ezisemqoka zokuya ezinkundleni zokuxosha ngamakhimikhali. Uhlelo lokusebenza ngokwawo uyindlela ehlanganisiwe—indlela yokubonakala, izithombe, ukulindelwa konke kuwusizo ekufunweni kwenjongo yokuphuza amakhemikhali.	Susa ukusula izinhlelo zokusebenza ngokuphelele ngaphakathi kwezinsuku ezingu-90 okungenani. Lokhu akuyona into yokugwema, kodwa kuyindlela yokuguqula imvelo (iPhrothokholi 05) njengomuthi. Uma izinhlelo zokusebenza zokuhlangana zigcwaliswa kabusha ngemuva kokuphazamiseka, akufanele zigcwaliswe kabusha ngasikhathi esifanayo nokulungiselela ukululama kwe-chemsex.
NgoMgqibelo/ uMngcwama kusihlwa (isikhathi seseshini).	Ingqondo efundisiwe ukulindela iseshini yokuphuza izidakamizwa ngeminikhombandlela ethize ngesonto, ingadala umuzwa wokulangazelela ngaleso sikhathi, ngisho nezinyanga ngemuva kokuvuka.	Hlela zonke izinsuku zangoMgqibelo neSonto ezinyangeni eziyisithupha zokuqala zokusiphefumula ngamasehlakalo anohlelo oluqinile, anobunzima obukhulu, esikhundleni. Isikhathi sokufuna ukudla kufanele kugcwalwe ngaphambi kokuba lokho kufune kutholakale. Ungashiya wonke amawindi angawohlwini futhi ulindele ukuthi umqondo wokuzilawula uzigcwalise.
Ukudangala kanye nokwahlukana nomphakathi.	Ukuzimisela kanye nokuxhumana okuhlinzekwe yi-chemsex kwakuyinzululwazi eyodwa yezinto ezibalulekile kuyo. Ukungenamvumo kungabangela ukuthi umuntu ufune lolu hlobo lomdlalo,	Ukuxhumana. Noma yikuphi ukuxhumana. Umphakathi we-"chemsex" unikeze umuzwa wokubekezela ngendlela ethile - umphakathi wokululama unikeza lokhu ngendlela ehlukene. Izindawo zokululama

	oluvamise ukuqedela leso saziso.	ezixhasa abantu base-LGBTQ+, amaqembu okuhlukunyezwa ayisishiyagalolukotshumi (i-Crystal Meth Anonymous, i-SMART Recovery), noma yimuphi umphakathi onamandla wokungabi nezilwane owayidinga ukuthi ushiye ukuba yiwo.
Ukucindezela emsebenzini, ukulahlekelwa, noma ubuhlungu bomzwelo.	Ukuthi ukusebenzisa imikhiqizo kemikhakha (chemsex) kukunika indlela yokukwazi umhlaba ongcono ngesikhathi esinzima, kusho ukuthi noma yiluphi udlanga olukhuni lungadala ulukuluku lokufuna leyo ndlela.	Iphrothokoli 01 (Isicelo) ngobunzulu obukhulu. Ukuzilalela. Ukuxhumana okunengqondo. Umfushano omkhulu: ukubhekana nobunzulu kunokuyekeza kulo. Izindlela zokucabanga ezakha uthando kwezimo zezimiso ezinzima yilono olude lokwelapha kulolu hlelo.
Abantu abavame ukuzihlanganisa kwi-chemsex.	Abantu ethile abathintekayo kwi-inethiwekhi yama-chemsex bayizinto ezikhuthazayo - bazwakanyisa yonke indlela. Ukuxhumana nabo, ukubabona ezinkundleni zokuxhumana, noma ukudlula ngabo emphakathini kungaholela ekufuneni okukhulu kakhulu.	Izindlela zokuvimbela nokucima ezinkundleni zombuso ziyindlela yokuzivikelela, hhayi ukubonakala njengobubele. Iphrofothikholi 08 (ubunjiniyela bomphakathi) ibhekele ukuguqulelwa kabusha okugcwele wenethiwekhi yomphakathi okudingekile ekuholeni ekululazweni kwe-chemsex. Ezinye izibopho ezivela kwinethiwekhi ye-chemsex zingahlanganiswa nasezimo ezinganompempe izinsuku, kodwa-ke, iningi layo alikwazi ukuhlanganiswe ngesikhathi sokuqala kokululama ngoba kunengozi enkulu yemfihlo.

I-PROTOCOL YOKUVIMBA UKUFUNA KWE-CHEMSEX - IMIZUZU EMI-5.

1. NOMAHLUKUZO YEPULOGRAMU. Akulona "ngifuna ukusebenzisa." Yini ethize okufunwa ngayo lelo khulu? Ubudungisile obukhulu? Ukuba neqiniso? Ukwazi ukutholakala ezimeni ezinzima? Ubudlelwane bomzwelo? Ukuqamba inhloso yalesi sikhathi kushintsha impendulo kusuka ekuthi "vimba ukusetshenziswa" kuya ekuthi "thola enye indlela yokufinyeza leyo nhloso."
2. PHUMA KULENDLELA NOMA KUMLINGWA OLUHLANGANISA IZINHLELO EZININGI. Uma usendaweni yohlelo lokuhlangana nabantu noma endaweni yokulinda, phuma ngokushesha. Uma uwedlule ekhaya ngoMgqibelo ntambama, hamba kwelinye indawo. Ukushintsha indawo

yakho, nokuba ngengokomzimba noma yedijithali, kuyindlela yokuqala yokuthatha.

3. UKUPHILISA KWANGOKU-4-7-8—IZIKHATHI EZINAMATHEWU AYISITHUFU. Ukukhuluphala kwe-chemsex kunemikhakha eminingi yobuchwepheshe ekuqiniseni ngasikhathi sinye. Izikhathi ezinhlanu, hhayi ezine, ukuze kuthuthukiswe impendulo efanele ye-parasympathetic.
4. THATHA i-NAC, i-L-THEANINE kanye ne-MAGNESIUM. Ukugcwaliseka kwezicwillamnyama ezibukhulu okubangela ukunqunywa kunomthelela webuchwepheshe ongahlaziywa ngokushesha. Lezi yizithuthukisi ezintathu ezifanele kakhulu ukulungisa lesi simo senhlanzeko esibanzi.
5. UKAXHUMANA — NGOKUQINISEKILE NOKUXHUMANA NOMPHAKATHI WOKUZIPHILISA. Akuyona ukuxhumana nomuntu wasempilweni yangasese. Akuyona ukuxhumana nomngane ongazi ngempilo yakho yokuziphilisa. Ukuxhumana nomuntu oqeqeshiwe ekuhleleni abantu abalutshala, i-Crystal Meth Anonymous, umsebenzi wezempilo yangasese, umsebenzi wokuziphilisa owazi kabanengi ngale nhlangano, noma ugxiliswa onolwazi mayelana nokulutshala.
6. PHENDA UKUDLALA OKUQINILE KOKUZITHANDISELA OKWENGEZIWE. Okuthile okunobungozi obuqinile - ubungozi ofanayo nalowo okuhlinzekwa yi-chemsex. Ukuzivocavoca okuqinile, ukugeza emanzini abandayo, umsebenzi wokudala, imisebenzi yokuncintisana. Ingqondo yomsoli idinga ukuthi uyiphendule ngendlela yomsoli, hhayi ngendlela elula.
7. Yini eyabangela lokhu? Yikuphi okufunwa ngalo msebenzi? Uyenze ntoni? Ukukhulu kobufakazi bendlela yobunzima bomuzwa buyenzile kanjani? Ngemva kwamaviki amathathu, lolu daba luzovula imikhakha yakho eyisiko yomuzwa—izindlela, izinto ezibangela, kanye nemisebenzi—ngokucacile okungabonakali ngumuntu ngaphandle.

Isigaba 8 — Umphakathi, Ubunjalo, kanye Nobunikazi Bokuhlanganisa Kwabantu Abaphefumulelwe.

I-CENTURION — Ukululama akufanele ukukuholela ekushiyeni umphakathi wakho — kufanele kwakha impilo ehlukile ngaphakathi kulo.

Inselelo ebalulekile kakhulu ekuhleleni ukululama kwechemsex: umkhakha we-chemsex unikeze umphakathi wangempela, ubudlelwano bangempela, ukuvezwa kwangempela kobunjalo bendawo, kanye nobungane bangempela ngamanye amazwi. Ukususa izinto ezisetshenziswa kakhulu ngaphandle kokubhekana nomsebenzi womphakathi kuholela ekuhlukaneni—futhi ukuhlukanisiwa kuyindawo lapho ukuphindaphindiweya kwenzeka kalula kakhulu.

Ukululama ekusetshenzisweni kwezinto eziyisipiliyali ngesikhathi sokuxosha akudingi ukuthi umuntu ashiywe umphakathi wama-gay, wabantu abahlukile ngokobudala, noma wabanye abangabafundi. Akudingi ukuthi umuntu akhulelwe. Akudingi ukuthi umuntu ashiye ubunjalo bakhe noma imikhuba yomswakama ayena ngaphambi kokuba kuqale ukusetshenziswa kwezinto eziyisipiliyali. Okudingekile ukwakha uhlobo olungenazimpilo lwalokho umphakathi owawuhlinzeka ngako ukusetshenziswa kwezinto eziyisipiliyali—ukuba nomuzwa wokubekezela, ukuxhumana, ukuveza imswakama, kanye nokukhululeka okwaba yingxenye yakho yangempela—ngendlela engenzi ukuthi usebenzise izinto eziyisipiliyali.

Ukulungisa Umphakathi Wama-LGBTQ+ Okhululekile.

- I-Crystal Meth Anonymous (CMA): iklanyelwe ngokukhethekile imiphakathi yama-queer ethintekayo ngamaminitha, futhi inobukhona obuqinile ezikhungweni ezinkulu. Okuhlangenwe nakho okufanayo kwe-"chemsex" kudala izinga elithile lokuzwa kangokuthi imiphakathi yokululama ejwayelekile ingahlinzekela ngalo.
- IMihlangano ye-SMART Recovery yama-LGBTQ+: inketho engenkathazi eyindlela yokulungisa enezingxenye ezintathu, futhi kukhona imihlangano ekhula kakhulu eqondwe ukuthi iyahloselene nama-LGBTQ+.
- Izinsizakalo ezikhethe kakhulu zokusiza abantu abathintekayo ngamamanzi asematheni: e-UK, izinhlangano eziningi zezempilo yobudlova kanye ne-HIV zinikeza izinsizakalo ezikhethe kakhulu zokweseka abantu abathintekayo ngamamanzi asematheni. E-US, izinhlangano ezifana ne-San Francisco AIDS Foundation, i-CALLEN-LORDE Community Health Center (eNew York), kanye nezinhlangano eziningi zokunakekelwa kwe-HIV zinikeza ukwelulekwa mayelana namatheni. Umelaphi onolwazi ngamamanzi asematheni uyindlela enhle kakhulu yokuthola usizo kulolu hlobo lokululama.
- Izindawo zokuxhumana ezingabizi ze-LGBTQ+: amabhadi ayingabi nophawu, imicimbi engabizi ngaphakathi komphakathi we-Pride, amaqembu ezemidlalo ye-LGBTQ+, izinhlangano zomphakathi, ithuba lokuzitholela.

Ingxenye yomphakathi ayidingi ukuba khona kwezinto ezinomthelela emzimbeni - kodwa inguqulo engabizi idinga ukwakhiwa okucophelele ngoba ibonakala kancane kunenguqulo ehilelekile.

- Umphakathi wokululama njengobungane bomphakathi: abantu abaningi kuleli phakethe elithile lokululama (chemsex recovery) bathola umphakathi wabo ongempela kubanye abantu abaqondi kokubili ukuhlangenwe nakho okuthize kwe-chemsex kanye nokuhlangenwe nakho okuthize kokululama. Ulwazi olufinyelelwayo - mayelana nokuthi imithi yayizwa kanjani, yenzele imali kangaki, futhi ukutakula kabusha kubukeka kanjani - kudala uhlobo lokubambisana okungafakwa ngumphakathi osetshenzisiwe noma ezindaweni ezijwayelekile zokululama.

Iimbubano zokuzithuthukisa.

I-CENTURION — Ukuthi ungubani akuyona into oyenzile.

Ukululama ekuthini okubizwa nge-"chemsex" kuvamise ukuhlanganisa ingxabano yobunjako: "Uma ngingumuntu oya kulezi zinkundla, ngiyini ngokwasempelweni?" Kubantu abakhuliswe ngokuphelele ezimpilweni zabo zobudada ngaphakathi kwendlela yalo "chemsex", ukunqoba ukuthanda kwezinto ezinomthelela akubuyisi ubunjako obungaphezulu - kudingeka ukwakha olunye.

Umbono walolu hlwebo: ukululama akuyona ukulahlekelwa ngobunjako bakho. Ubunjako bendlu—ukuba ungumuntu omdala, ongabantu abahlukene, noma okunye—akuyona i-chemsex. Ukubambisana nomphakathi akuyona imithombo. Ukudala, amandla, ukufuna okunzulu—okwakukhombisa ingqondo yomuntu owayefanelwe yi-chemsex—lokhu akuyona imithi. Yilezi zimpawu zomuntu ngamunye ezikhona ngaphambi kwemithi futhi ekhoma ukuthi zingasetshenziswa ngezinto eziningi ngaphandle kokusetshenziselwa "iseshini."

Ukululama kuwukwakhiwa kobunjalo bendawo kanye nomphakathi ongadingi izinto ezithile ukuze uthole ukufinyelela. Lokho kukwakhiwa kungathatha iminyaka. Akuyona ukululama kulokho oyikhona. Kuyilono lokuthola ukuthi ungubani ngaphandle kwegeyini.

Isigaba 9 — Ukuhamba nge-Recovery Kernel: Uhlelo Lwakho.

Ukululama kwechemsex kuyindlela enemininingwane eminingi kakhulu kulolu chungechunge. Imibukiso ngazinye yezinto ezithile inikeza imininingwane ngayona ndlela. Leli khata luhambisa le mininingwane.

Ikhambu.	Amakhosi.	Ukugxilisa.	Chemsex-specific notes
Ubulwelu bezempilo (usuku luka-0 kuya kwangu-7).	GHB guide (Isigaba 3); Udokotela; Ikliniki yezempilo yomswakama.	Ukuphathwa kokuxegeshana ne-GHB; ukuvikelwe kwe-HIV/STI; i-PEP uma kudingeka; ukuqala ukusetshenziswa kwe-PrEP.	Imihla emi-72 yokuqala ihlelwe ukuphathwa kokukotshiswa kwe-GHB. Konke okunye kulandelayo ngemuva kwalokho uma ingozi yezempilo ekhulu ilungiselelwe. Ukuhlolwa kwe-HIV/STI kungumsebenzi ofanele kakhulu ngaphakathi kwengxenye yokuqala yenyanga.
Ezincazelo Zombili (Usuku loku-1 kuya kulangu-14).	Iphrothokholi 07, 09, 17, 18; Uhlu lwezithasiselo ezihlangene (Isigaba 4).	Uhlu lwemikhiqizo emithathu; ukudla okunempilo; ukupholisa umzimba; ukulala; i-magnesium. Usuku luka-1.	I-NAC kanye nomagnesium ngosuku loku-1 - kuxazululwa zonke izindlela ezintathu ngasikhathi sinye. I-Tyrosine iqala ngosuku luka-3–5. I-5-HTP iqala ngosuku loku-1 (ekuseni). Uhlu lwemikhiqizo yazo zonke izindlela ezintathu luhlelelwe phakathi nezinsuku ezimbili zokuqala.
Ukuguqulela kanye nokulungiswa kwezemvelo (usuku loku-1 kuya kwangu-30).	Iphrothokholi 05, Iphrothokholi 08.	Susa izinhlelo zokusebenza; ukuhlela kabusha kwenethiwekhi yomphakathi; ukususa okukhuthazayo; ukuphathwa koxhumana lwe-chemsex.	Izinhlelo zokusebenza kufanele zisuswe kungakapheli amahora angama-24. Akuyona into ezokhishwa ngemuva kokukhawulelwa kwesikhathi. Uhlelo lokuhlela izinkundla zokuziphatha kwe-"chemsex" luhlelwe kakhulu ngezinhlelo zedijithali—ukuguqulela imvelo kufanele kubandakanya yonke indawo yedijithali ngokuphelele. Lena ingxenye enzima kakhulu yokushintsha ukuziphatha yabantu abaningi ekuhlelweni kokululama kwe-"chem".
Ukubhalwa Kwemali Ye-Genome (Izizinsuku Zoku-1 kuya kweziyi-4)	Ingxenye yesi-15 (Incwadi), Ingxenye yesi-2 yale khasi.	COMT, GABRA2, MTHFR, DRD2, SLC6A4, CYP2B6.	I-GABRA2 ephezulu kungenye yezinto ezibaluleke kakhulu eqinisweni leqembu lodokotela ekulaliseni ukwelashwa kwe-GHB. I-COMT Val/Val inikeza ulwazi olubalulekile mayelana nokuhlelelwa kokwelashwa. Ukuxazululwa kwe-MTHFR

			kuqinisekisa ukuthi i-5-MTHF iyinto ebaluleke kakhulu. I-SLC6A4 enobude obufushane/obufushane ibonisa ukuthi umuntu unoprofili oyingxenye enkulu yayo i-serotonin, okudinga ukwelashwa okunengqondo kakhulu mayelana ne-mephedrone.
Impilo Yengqondo kanye Nokulawula kwe-HIV (Eqhubekayo).	Iphrothokholi 42 (Ukuvimbela i-HIV); Ingxenye 5 ne-6 yalo mbuyiselo; Ikliniki yezempilo yobudlova.	Ukuthobela ukuthatheka kwe-PrEP noma i-ART; ukuvivinywa kwezifo ezithathelwanayo njalo kwangcwenga; ukwakha kabusha impilo yangempela; ukuzulazula ekuhlangenwe nakho okunenguquko.	Ukuhlolwa kwezifo ezithathelwanayo (STI) kwenzeka njalo minyaka emithathu, ukuthobela okuqhubekayo kwe-PrEP noma i-ART, kanye nokwakhiwa kancane kwamakhono okuziphatha ngokufanele ngemizimba yabo, kuyizinto ezibalulekile kuwo wonke ubuhle obunzulu—akuyona nje izindlela zesikhathi esifushane kodwa ukuzigwema njalo.
Ubumbano Lomphakathi (Izizinsuku ezingu-2–12).	Protocol 04, Protocol 08, Protocol 16; i-CMA noma okufanayo.	Umphakathi we-LGBTQ+ onamandla; ukwesekwa oluholwe ngokuqonda nge-chemsex; ubudlelwane bokwelapha.	Umphakathi owatholakala nge-chemsex kufanele ushintshwe—hhayi ngomphakathi ongcono noma ohlalile, kodwa ngohlobo oluzinzile lonyaka lokuba nesibopho kanye nokuxhumana. Lesi kuyiphrojekthi ebaluleke kakhulu nasekuqaleni futhi eyenza ukuthi impumelelo engxenye yesikhathi iphumelele ngokuphelele.
Ukuqeqeshwa mayelana nokuzithuthukisa ngokobudlova (inyanga yesibili kuya kwenyanga eyishumi nesikhombisa).	Iphrothokoli 20, 21, 35S; ukwelashwa okuxhasa abantu abadala ngempela.	Ukwakhiwa kobunjalo bendoda; ukulungiswa kwenguquko; ukuthuthukiswa kobufuzo obunempilo; "flatline" kanye nokuxazululwa kwawo.	Uhlelo oluyisibonelo 35S, elingxenye yeVolumu VII yencwadi enkulu, linikeza umkhakha onemininingwane mayelana nalokhu msebenzi. Uchwepheshe ogxile ekwelapheni abantu base-LGBTQ+ futhi onezinto ezithinta ukuziphatha (chemsex experience) uyindlela enhle kakhulu yokuxhumana kliniki ngale ndlela.
I-mhla elide (izinyanga ezingu-6+).	Protocol 24, 25, C-28, C-31; Protocol 35S.d	Ubunjini obuqinile bomuntu; inhloso; ukuziphatha okuphelele ngokungenazinkinga ezombili, ngempilo yangasese kanye nomphakathi.	Umuntu obuyile empilweni yakhe ngemva kwe-chemsex—onobungane bonke, amandla okuziphatha ngokungenasici, ukukhuthazwa okudingekayo yingqondo yakhe, impilo ye-HIV elawulwayo, kanye nokuphathwa kwazo zonke izidingo zombili—uhlukile kakhulu kunomuntu owayefika ekhasini lokuqala leli khasi. Le nkethakatha yayisukuthiwe ngokungenxa yalolu

			muntu.

Amagama Yokugcina.

I-CENTURION - Umphakathi, Ukuxhumana, Nobunzima - Lawo yonke kwaba yiqiniso. Indlela yokufinyelela kulona ayidingi izidakamizwa.

Ukubongwa kwalesi bhuku kuthaniwe kubantu u-J.P., u-A.C., u-J.S., u-G.F., no-C.O. — labo abaphile isikhathi eside kakhulu ngaphambi kokuba boniswe ukuthi okubangela ukuthi bayisebenzise into ethile akuyona ukungabi nakho, kodwa ubuhle bomzimba. Ekululazweni kwe-chemsex, leli lobo liyoba nomthelela omkhulu: intshikata eyayithinta imiphakathi ye-LGBTQ+ ngeminyaka yama-1980 nama-1990 idale ukulimala okukhulu kulo mphakathi, okusebenza kuze namuhla. Izinto ezisetshenziswa ezihlobene nokuzifihlisa kulawa miphakathi azizange zithole indlela yazo ngaphandle kokungabaza. Zafika endaweni yokulahlekelwa, ukudela, ukugxekwa, kanye nokuphazamiseka okukhulu okungenzeka ukuba kubangelwe ukulimala.

I-Recovery Kernel ayikufaki umthetho wokuthi ube nokubonga ngokuhlala phansi noma ukunciphisa lokho okwakuholelwa kukokotelo. Kwakuhlinzeka nginto yangempela—umphakathi, ukuxhumana, ukuba yingxenye, inkululeko yengqondo, ukuqiniswa, umuzwa wokuthi uphila ngokuphelele futhi ufisa kakhulu emhlabeni owubikezele ukuthi umphakathi wakho ubilime futhi ungabhekwa njengezinto ezisetshenziswayo.

Lokho i-Recovery Kernel enikezela ngakho yithuba lokuthi zonke lezo zinto ezibalulekile zingatholakala ngaphandle kwezinto eziyisiduli. Ukuthi ukuba umuntu oyedwa kungatholakala emphakathini ongenasiduli. Ukuthi ubudlelwane bungatholakala ekuxhumaneni okungenangqondo. Ukuthi amandla angatholakala kakhulu emzimbeni omuntu ngendlela ayenzelwe ngayo, hhayi ngezindlela ezifushane. Ukuthi inkululeko yobudlova ingatholakala—ngokugcwele, ngokuphephile, nangokuqhubekayo—kubudlova obungenasiduli esakhiwe kulokho ongikhona ngako empelini, hhayi kulokho izinto eziyisiduli ezikwenzile ngempela.

I-“chemsex trinity” yayisikhungo. Uhlelo lwamakhambi olusebenza, olenzelwe ngokucwiliso ukukhiqiza izimo ezithile. Ukululama kuwukuqala kukhungo okuhlukene ukuze kwenziwe lezo zimo—ngamathuba angaliphatheki ohlelweni lodopamine, anganganeki ohlelweni lwe-GABA, futhi angonakeli umzimba.

Incwadi yale ndlela yakhiwe umakhi. Inikezwa kuwena njengesethi yemikhakha yokwakha. Ingemu edinga ukuthi uyayakha.

— — —

⚠ LWAKHILE LOKUNCEBA UKULONDOLOZA IMPILO – AKUYONALO UKWELAPHO.

Ungayithola kanjani Ukululama Kwi-Chemsex Usebenzisa i-Recovery Kernel | Uchungechunge Lokuhamba Ngokwezinto Ezinomthelela.